



## 5 FOR THE FREEZER - CHICKEN VOLUMES 1-7 BUNDLE

35 delicious recipes

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# **Saving Dinner with**



## **Five For the Freezer**

### **5 chicken-based recipes to assemble and freeze ahead**

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**5 delicious dinner kits**

to

Bring your Family Back to the Dinner Table

#### **Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to “Five for the Freezer”

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 5 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Five for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 5 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy [pre assembly prep list](#) to zip thru the meal assembly process.

## Let's talk Dollars and Cents

Five for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the chicken and whip up a few meals for the freezer in no time at all!

As will all of our menus, always start your shopping in your own pantry. You will probably already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!



No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

### Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Five for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. They are on the same page, but one column you'll refer to now, the second column later.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List column. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look over the left column to get started. This one has the ingredients that you'll be assembling and freezing.

### Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now, It's time to put on those lace up shoes and head to the market for your remaining ingredients.

#### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

#### Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

#### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 5 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 5 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40°F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals.. Overnight thawing is the optimal way to defrost dinner.

## Stations Everyone

A place for everything, and everything in it's place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, and dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dinning room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 5 kits in a day, try doing the preassembly the day before (except for the apples). Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time saving, do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one and track your progress.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

### Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer, simply mark it off the list. With 5 dinners tucked inside the freezer, you want to make sure you track what you've enjoyed since we know most people will be eating these meals periodically and not 5 days in a row.

Now is also the time to break out that second shopping list column — the Meal Time Shopping List. You may even want to have a couple of copies of this on hand. Here you'll find all 5 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process.

Some ingredients on the Meal Time Shopping List will be preceded by a “ \* “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 5 days worth of main courses and we know most of you don't eat the same meat 5 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

## Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

## Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

## Congratulations on Saving Dinner in your home!

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# Dinner Kit Shopping List

## Assembly and Mealtime Ingredients

Assembly time shopping list	Mealtime Shopping list
<p><b>MEAT</b> 29 boneless skinless chicken breast halves [M1,M2,M3,M4,M5]</p> <p><b>CONDIMENTS</b> Ketchup (1 ½ tablespoons) [M5] Honey (9 ½ tablespoons) [M1,M2,M3] Soy Sauce, low sodium if available (about ¾ cup) [M3,M5] Sesame oil (optional) (4 tablespoons) (in ethnic section of grocery store) [M3] Apple cider vinegar (4 tablespoons) [M3] Apple cider or apple juice (1 ½ cups) [M1] Hoisin sauce (1/2 cup) [M3] Peanut butter, creamy (4 tablespoons) [M3]</p> <p><b>PRODUCE</b> 2 bunches green onions (13 stems) [M3,M5] 2-3 heads of garlic (14 cloves) [M2,M3,M5] 2-3 lemons (1/3 cup juice) [M2] 3 medium tart apples (like Granny Smith or other green apple) (for slicing) [M1] 5 green bell peppers [M4,M5] 2 jalapeno peppers [M2] Gingerroot (4 tablespoons) [M3] 1 bunch cilantro (1/2 cup chopped) [M3]</p> <p><b>CANNED GOODS</b> 1 (14.5-ounce) can chicken broth, low sodium (1 cup) [M3]</p> <p><b>SPICES</b> Sage (1 ½ teaspoons) [M1] Cinnamon (1/3 teaspoon) [M1] Thyme (2 teaspoons) [M2] Cumin (3/4 teaspoon) [M4] Paprika (1 ½ teaspoons) [M4] Ground ginger (1 tablespoon) [M5] Garlic powder (1 ½ teaspoons) [M4] Onion powder (1 ½ teaspoons) [M4] Red pepper flakes (2 teaspoons) [M3]</p> <p><b>DRY GOODS</b> Cornmeal (3 tablespoons) [M4] Flour (1 ½ tablespoons) [M4] Brown rice (6 cups cooked) [M5]</p> <p><b>OTHER</b> 12 – 1 gallon freezer plastic bags [M1,M2,M3,M4,M5] 5 – 1 quart freezer plastic bags [M1,M4,M5] Wax paper [M1] Plastic wrap [M1,M4] Bamboo skewers (6) [M3]</p>	<p><b>1. Apple Chicken Breasts</b> Vegetable oil (1 tablespoon) Cornstarch (1 ½ tablespoons) Toothpicks *Red potatoes *Broccoli *Baby carrots</p> <p><b>2. Caribbean Chicken</b> *Sweet potatoes *Butter *Green beans</p> <p><b>3. Chicken Satay</b> Bamboo Skewers (6) (if you did not already presoak during assembly) *Asparagus *Lettuce (not Iceburg, no nutrition) *Salad toppings, your choice *Salad dressing, your choice</p> <p><b>4. Country Fried Chicken and Peppers</b> Vegetable oil (2 tablespoons) *Coleslaw mix *Mayonnaise *Rice vinegar *Mini corn on the cob (freezer section)</p> <p><b>5. Way Easy Chicken Stir Fry</b> Vegetable oil (2 tablespoons) Sesame oil (2 teaspoons) *Zucchini *Yellow squash *Snow peas</p> <p>(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 3px double black; padding: 10px; text-align: center; margin-top: 20px;"> <p><b>QUICK TIP</b></p> <p>Some ingredients on the above “Day of Shopping List” are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>



## Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

**Brown rice [M5]:** This is the one item you'll need to cook. Put this on very first and let it cook while you assemble. You'll need 6 cups for Meal 5. Follow package directions for making rice.

**Leanne's Tip:** While you're at it, you might throw in some extra and bag up the excess rice and freeze it to have instant side dishes ready when you need them. Portion it for your family's needs and you'll be set to go! Follow package directions for making rice.

**Green Onions [M3,M5]:** Wash the 2 bunches of green onions under running water to remove any grit. You will be chopping the green onions using the white part and some of the green stem.

- ☐ Chop 9 stems into thicker pieces.
- ☐ Chop 4 stems into smaller, thinner pieces

**Cilantro [M3]:** Wash the cilantro under running water to remove any dirt or grit. Chop the cilantro to make ½ cup.

**Gingerroot [M3]:** Take your ginger root and peel the skin. Grate enough gingerroot to make about 4 tablespoons (OR skip this entire step and buy a jar of "Ginger paste", usually in produce section. Equivalents on the jar!)

**Garlic [M2,M3,M5]:** Press 14 cloves of garlic (if you are not using preminced garlic). ½ teaspoon is about the same as 1 clove of garlic.

**Bell peppers [M4,M5]:** Wash all of your bell peppers. Cut off the tops, remove all seeds and then remove the ribs.

- ☐ Cut 2 green peppers into thin slices
- ☐ Cut 3 green peppers into strips

**Jalapeno peppers [M2]:** Cut off the tops and remove all seeds. Chop the peppers into small pieces.

**CAUTION:** the oils in jalapeno peppers can be very strong and when cutting a pepper, you can get these oils on your hands and inadvertently rub your eyes, touch your mouth, or even pick up a child, touch their bottle nipple, or binky, etc. and the ensuing hot stinging feeling is very painful. We highly recommend wearing rubber gloves or just slip a plastic baggie over your hand that is holding the peppers so you can turn it inside out and dispose of it, without accidentally harming yourself or others.

**Lemons [M2]:** Rinse lemons under running water to wash. Using your palm, press and roll the lemons on your countertop a few times to help release the juice from the pulp. (TIP: lemons and limes stored at room temperature release more juice than refrigerated ones.)

If you do not have a juicer, squeeze the lemons over a bowl by hand. Be sure to remove any seeds from the juice. You need about 1/3 cup juice.

**Apples [M1]:** Rinse apples under running water to wash. Using a vegetable peeler or paring knife, peel the skin from your apples. Core your apples using an apple corer or you can cut your apples in half and core them. Cut the apples into thin slices. **NOTE:** Cut your apples very last, just before you are ready to assemble, so they do not turn brown.

**Chicken [M1,M2,M3,M4,M5]:** Place several chicken breasts between 2 sheets of plastic wrap and flatten using a mallet or rolling pin.

- ☐ Flatten 6 chicken breasts to 1/8" thick (Very thin!).
- ☐ Flatten 6 chicken breasts to 1/4" thick.

Next, you need to slice up 11 chicken breasts into thin slices. One recipe calls for 6 chicken breasts and the other calls for 5, so as you're cutting, simply make two piles of meat accordingly.

## **Saving Dinner with Mega Menu-Mailer Dinner Planner**

### **Chicken**

1. Apple Chicken Breasts
2. Caribbean Chicken
3. Chicken Satay
4. Country Fried Chicken and Peppers
5. Way Easy Chicken Stir Fry

## Apple Chicken Breasts

Five for the Freezer: Chicken Recipe 1 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**6 flattened chicken breast halves, flattened to an 1/8 inch thick**

Between each piece of meat, place a sheet of:  
**wax paper**

In a 1 quart freezer bag, combine:

**1 1/2 tablespoons honey  
1/3 teaspoon ground cinnamon  
1 1/2 teaspoons sage**

**3 medium tart apples, peeled and cut into thin slices**

Carefully squeeze the bag to force out any air then seal the bag. In a 1 quart freezer bag add:

**1 1/2 cups apple cider OR apple juice**

Gently and carefully squeeze the bag to force out any air then seal the bag.

Insert the two quart freezer bags and the 1 gallon freezer bag containing your chicken into a second gallon sized freezer bag and seal it. (Depending on the shape of the chicken, you may need to put them into two separate bags. If so, label one bag 1 of 2, and the second one, 2 of 2.)

On the outside bag(s), label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



## Apple Chicken Breasts

Five for the Freezer: Chicken Recipe 1 — Cooking Instructions

### Preassembled Ingredients

6 boneless skinless chicken breast halves,  
flattened to an 1/8 inch thick

Wax paper

1 1/2 tablespoons honey

1/3 teaspoon ground cinnamon

1 1/2 teaspoons sage

3 medium tart apples, peeled and cut into thin slices

1 1/2 cups apple cider OR apple juice



### At time of cooking ingredients

1 tablespoon vegetable oil

1 1/2 tablespoons cornstarch

Toothpicks

### Cooking Instructions

Remove preassembled Apple Chicken Breasts from the freezer and defrost. (See defrost instructions for tips.)

Preheat oven to 350 degrees. Lightly brown chicken in a skillet heated with vegetable oil; remove from skillet onto a plate or cutting board. Set pan aside. (Don't clean out pan yet!)

Spoon equal amounts of your apple mixture onto each chicken breast; fold chicken around apple slices and secure with toothpicks. Place chicken in a 7 x 11 inch baking dish. Bake for about 20 minutes, or until it is done.

A few minutes before chicken is done, mix cornstarch and apple cider till smooth and add to skillet in which chicken was browned. Cook mixture over medium heat, using a wire whisk to scrape up all the browned bits from the bottom of the pan until sauce is heated and starts to thicken. Spoon sauce over cooked chicken and serve.

**Serving Suggestions:** Steamed red potatoes, broccoli and baby carrots.

**Nutrition per serving:** 374 Calories; 6g Fat; 55g Protein; 24g Carbohydrate; 2g Dietary Fiber; 137mg Cholesterol; 156mg Sodium.

**Exchanges:** 0 Grain (Starch); 7 1/2 Lean Meat; 1 Fruit; 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 8



## Caribbean Chicken

Five for the Freezer: Chicken Recipe 2 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**6 boneless skinless chicken breast halves**

In a blender, add together:

**2 1/2 teaspoons (5 cloves) pressed garlic**  
**2 jalapeno peppers, seeded and chopped**  
**1/3 cup lemon juice**  
**1/4 cup honey**  
**2 teaspoons thyme**

Mix well using the pulse setting on your blender.

Pour the mixture into the bag containing the chicken breasts. Seal the bag and gently toss to coat the chicken with the sauce.

Open the bag and carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a second, gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



## Caribbean Chicken

Five for the Freezer: Chicken Recipe 2 — Cooking Instructions

### Preassembled Ingredients

6 boneless skinless chicken breast halves  
2 1/2 teaspoons (5 cloves) pressed garlic  
2 jalapeno peppers, seeded and chopped  
1/3 cup lemon juice  
1/4 cup honey  
2 teaspoons thyme

### At time of cooking ingredients

(none)

### Cooking Instructions

Remove preassembled Caribbean Chicken from the freezer and defrost. (See defrost instructions for tips.)

Preheat indoor or outdoor grill or oven to 375 degrees.

Remove chicken from marinade; place chicken on grill or baking sheet. Discard remaining marinade.

Cook chicken 3-4 minutes then turn. Continue cooking about 5 minutes or so until chicken is done and juices run clear.

**Serving Suggestions:** Baked sweet potatoes and steamed green beans.

**Nutrition per serving:** 183 Calories; 2g Fat; 28g Protein; 14g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 78mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates. **Points:** 4



## Chicken Satay

Five for the Freezer: Chicken Recipe 3 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**6 boneless skinless chicken breasts halves, sliced into strips**

In a mixing bowl, add:

**3 teaspoons (6 cloves) pressed garlic**

**4 tablespoons grated gingerroot**

**4 tablespoons apple cider vinegar**

**4 green onions, thinly sliced**

**1/2 cup chopped cilantro**

**1 cup low sodium chicken broth**

**1/2 cup Hoisin sauce**

**1/2 cup low sodium soy sauce**

**4 tablespoons creamy peanut butter**

**4 tablespoons sesame oil (optional)**

**4 tablespoons honey**

**2 teaspoons crushed red pepper flakes**



Mix well. Pour half of the mixture into the bag containing the chicken breasts. Gently and carefully squeeze the bag to force out any air then seal the bag. In a 1 quart freezer bag add the remaining half of the sauce mixture. Gently and carefully squeeze the bag to force out any air then seal the bag.

Place the two plastic bags into a 1 gallon freezer bag gently squeezing out the air and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker on the bag and place in the freezer.

**Leanne's Tip:** Make a note on your freezer bag to start soaking your skewers to prepare for the meal (if using wooden ones) when you start defrosting your meal.

## Chicken Satay

Five for the Freezer: Chicken Recipe 3 — Cooking Instructions

### Preassembled Ingredients

6 boneless skinless chicken breasts halves, sliced into strips

3 teaspoons (6 cloves) pressed garlic

4 tablespoons grated gingerroot

4 tablespoons apple cider vinegar

4 green onions, thinly sliced

1/2 cup chopped cilantro

1 cup low sodium chicken broth

1/2 cup Hoisin sauce

1/2 cup low sodium soy sauce

4 tablespoons creamy peanut butter

4 tablespoons sesame oil (optional)

4 tablespoons honey

2 teaspoons crushed red pepper flakes

6 bamboo skewers



### At time of cooking ingredients

6 Bamboo skewers (Tip: presoaking wooden skewers keeps them from blackening when you grill!)

### Cooking Instructions

Remove preassembled Chicken Satay from the freezer and defrost. (This is a great time to start soaking skewers if needed.)

Preheat outdoor grill, indoor grill or oven broiler. Remove chicken strips from marinade; thread chicken strips onto bamboo skewers. Cook over grill, using marinade to baste chicken.

Heat reserved marinade from second freezer bag and use as sauce for chicken; serve.

**Serving Suggestions:** Grilled asparagus and a big salad.

**Nutrition per serving:** 452 Calories; 21g Fat; 34g Protein; 33g Carbohydrate; 3g Dietary Fiber; 115mg Cholesterol; 2122mg Sodium. **Exchanges:** 1/2 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 Fat; 1 1/2 Other Carbohydrates. **Points:** 10

## Country Fried Chicken and Peppers

Five for the Freezer: Chicken Recipe 4 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**6 boneless skinless chicken breasts halves, flattened 1/4 inch thick**  
**3 tablespoons cornmeal**  
**1 1/2 tablespoons flour**  
**1 1/2 teaspoons paprika**  
**1 1/2 teaspoons garlic powder**  
**1 1/2 teaspoons onion powder**  
**Salt and pepper to taste**  
**3/4 teaspoon cumin**



Seal the bag and gently toss to coat the chicken breast with the cornmeal mixture.

Open the bag and carefully squeeze the bag to force out any air; seal the bag.

In a 1 quart freezer bag, add:

**3 medium green bell peppers, seeded, deribbed and cut into strips**

Gently squeeze the bag to force out any air then seal the bag.

Place the two plastic bags into a 1 gallon freezer bag gently squeezing out the air and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Country Fried Chicken and Peppers

Five for the Freezer: Chicken Recipe 4 — Cooking Instructions

### Preassembled Ingredients

6 boneless skinless chicken breasts halves, flattened to 1/4 inch thick  
3 tablespoons cornmeal  
1 1/2 tablespoons flour  
1 1/2 teaspoons paprika  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoons onion powder  
Salt and pepper to taste  
3/4 teaspoon cumin  
3 medium green bell peppers, seeded, deribbed and cut into strips



### At time of cooking ingredients

2 tablespoons vegetable oil

### Cooking Instructions

Remove preassembled Country Fried Chicken and Peppers from the freezer and defrost. (See defrost instructions for tips.)

In a large skillet, heat oil; cook chicken over medium heat for 4 minutes; turn chicken over.

Add pepper strips to skillet and cook another 4 or 5 minutes, or until chicken is nicely browned and cooked through. Remove chicken from skillet.

Cook peppers another minute or two more, if needed; remove from skillet and serve with chicken.

**Serving Suggestions:** Coleslaw (use coleslaw mix, mayonnaise and a dash of rice vinegar) and mini corn on the cob.

**Nutrition per serving:** 168 Calories; 8g Fat; 15g Protein; 10g Carbohydrate; 2g Dietary Fiber; 57mg Cholesterol; 62mg Sodium. **Exchanges:** 1/2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 4



## Way Easy Chicken Stir Fry

Five for the Freezer: Chicken Recipe 5 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**5 boneless skinless chicken breast halves, sliced**

**4 ½ tablespoons low sodium soy sauce**

**1 ½ tablespoons ketchup**

**1 tablespoon ground ginger**

**1 ½ teaspoons (3 cloves) pressed garlic**



Gently and carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag add:

**9 green onions, thickly sliced**

**2 green bell peppers, thinly sliced**

Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number, BAG 1 of 2, and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag

In a gallon sized freezer bag, place:

**6 cups cooked brown rice, cooled**

Place the rice bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number, BAG 2 of 2 and today's date using a Sharpie marker and place in the freezer.

## Way Easy Chicken Stir Fry

Five for the Freezer: Chicken Recipe 5 — Cooking Instructions

### Preassembled Ingredients

5 boneless skinless chicken breast halves, sliced

4 1/2 tablespoons low sodium soy sauce

1 1/2 tablespoons ketchup

1 tablespoon ground ginger

1 ½ teaspoons (3 cloves) pressed garlic

9 green onions, thickly sliced

2 green bell peppers, thinly sliced

6 cups cooked brown rice



### At time of cooking ingredients

2 tablespoons vegetable oil, divided

2 teaspoons sesame oil, OPTIONAL

### Cooking Instructions

Remove preassembled Way Easy Chicken Stir Fry and the rice bag from the freezer and defrost. (See defrost instructions for tips.)

While cooking the chicken and peppers (below), reheat brown rice in microwave or on stovetop.

In a skillet or wok, heat 1 tablespoon vegetable oil over medium-high heat. Add bag of onions and pepper to the skillet, stir frying until tender. Remove from skillet and set aside.

Heat the remaining 1 tablespoon vegetable oil and the sesame oil in the skillet or wok and add chicken, quickly stir-frying for about 5 minutes, or until chicken is done. Add bell pepper mixture and heat through. Serve over the brown rice.

**Serving Suggestions:** Stir-fried zucchini, yellow squash and snow peas.

**Nutrition per serving:** 421 Calories; 10g Fat; 29g Protein; 53g Carbohydrate; 5g Dietary Fiber; 57mg Cholesterol; 887mg Sodium. **Exchanges:** 3 Grain (Starch); 3 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 8.5

## **Got Questions? Need Help?**

Visit our Mega Menu-Mailer

### **USERS FORUM**

and chat with others using our  
Mega Menu-Mailers and standard menus.

We're here to help you with  
all your dinner needs.

Our customer service center is available to  
assist you as well. Check out our

### **“LIVE CHAT”**

and “talk” directly with one of our staff  
right then and there.

Visit our website at

[www.SavingDinner.com](http://www.SavingDinner.com)

for all of the details  
and any assistance you need.



# **Saving Dinner with**



## **Five for the Freezer**

### **5 chicken-based recipes to assemble and freeze ahead to have ready to grill**

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**5 delicious Dinner Kits**

to  
Bring your Family Back to the Dinner Table

#### **Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes



# Welcome to “Five for the Freezer”

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 5 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Five for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 5 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy [pre assembly prep list](#) to zip thru the meal assembly process.

## Let's talk Dollars and Cents

Five for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the chicken and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

### Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Five for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. They are on the same page, but one column you'll refer to now, the second column later.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List column. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look over the left column to get started. This one has the ingredients that you'll be assembling and freezing.

### Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now, It's time to put on those lace up shoes and head to the market for your remaining ingredients.

#### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

#### Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

#### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 5 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 5 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40°F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals.. Overnight thawing is the optimal way to defrost dinner.



## Stations Everyone

A place for everything, and everything in it's place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, and dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 5 kits in a day, try doing the preassembly the day before (except for the apples). Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time saving, do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one and track your progress.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

### Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer, simply mark it off the list. With 5 dinners tucked inside the freezer, you want to make sure you track what you've enjoyed since we know most people will be eating these meals periodically and not 5 days in a row.

Now is also the time to break out that second shopping list column — the Meal Time Shopping List. You may even want to have a couple of copies of this on hand. Here you'll find all 5 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process.

Some ingredients on the Meal Time Shopping List will be preceded by a “ \* “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 5 days worth of main courses and we know most of you don't eat the same meat 5 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

## Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

## Congratulations on Saving Dinner in your home!

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Five for the Freezer: Chicken Breasts Volume 2 — Page 6 of 15

# Dinner Kit Shopping List

## Assembly and Mealtime Ingredients

Assembly time shopping list	Mealtime Shopping list
<p><b>MEAT</b> 20 boneless skinless chicken breast halves [M1,M2,M3,M4,M5]</p> <p><b>CONDIMENTS</b> Olive oil (3 tablespoons) [M2,M3] Mustard, yellow (1/3 cup) [M5] Mustard, grainy or coarse ground (1/2 cup) [M3] Honey (3 tablespoons) [M1] Soy sauce (low sodium if available) (1/4 tablespoon) [M5] Sesame oil (3 tablespoons) [M1] Apple cider vinegar (1 5/8 cups) [M3,M5] Balsamic vinegar (3/4 cup) [M4] Hoisin sauce (1/4 cup) [M1] Szechuan style sauce (3 tablespoons) [M1] Hot sauce (your favorite) (18 drops or to taste) [M5] Maple syrup (1/2 cup) [M3]</p> <p><b>PRODUCE</b> 1 head of garlic (1 clove) [M4] Basil leaves, fresh (1/4 cup) (if not using dried) [M4] Oregano, fresh (2 tablespoons) (if not using dried) [M4] Ginger root (1 tablespoon grated, about 2 inches) [M1]</p> <p><b>CANNED GOODS</b> 1 (14.5-oz.) can chicken broth, low sodium (14 ounces) [M1] 1 (14.5-oz.) can Italian style diced tomatoes [M4]</p> <p><b>SPICES</b> Cayenne pepper (about 1/4 teaspoon) [M2,M5] Chili powder (2 tablespoons) [M2,M5] Cumin (3/4 teaspoon) [M2] Paprika (1/2 tablespoon) [M2] Garlic powder (1/4 teaspoon) [M2] Sesame seeds (2 tablespoons) [M1] Dried basil (1 1/2 tablespoons) (if not using fresh) [M4] Dried oregano (1/2 tablespoons) (If not using fresh) [M4]</p> <p><b>DAIRY</b> Butter (1 tablespoon) [M5]</p> <p><b>Dry Goods</b> Sugar (1/4 cup) [M5]</p> <p><b>OTHER</b> 10 (gallon-sized) freezer plastic bags [M1,M2,M3,M4,M5] 1 (quart-sized) freezer plastic bag [M1] 1 snack sized plastic bag [M1]</p>	<p><b>1. Far East Grillers</b> Corn starch (2 teaspoons) *Mushrooms *Zucchini *Snow peas *Broccoli *Bean sprouts *Brown rice</p> <p><b>2. Red River Chicken</b> *Corn on the cob *Lettuce, not Iceberg, no nutrition *Salad toppings, your choice *Salad dressing, your choice *Baked tortilla chips *Guacamole</p> <p><b>3. Summer in Vermont Chicken</b> *Olive oil *Asparagus *Cherry tomatoes *Cucumber *Radishes</p> <p><b>4. Under the Tuscan Sun Chicken</b> Tomatoes (2) Parsley (1/4 cup) *Angel hair pasta *Parmesan cheese (garnish) *Spinach leaves *Salad toppings, your choice *Salad dressing, your choice *Garlic bread or toast (or make your own)</p> <p><b>5. Carolina Style Grilled Chicken</b> *Potato salad (or make your own) *Green beans *Baby carrots</p> <p>(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 2px solid black; padding: 10px; margin-top: 20px;"> <p style="text-align: center;"><b>QUICK TIP</b></p> <p style="text-align: center;">Some ingredients on the above “Day of Shopping List” are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

## Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

**Garlic [M4]:** Press 1 clove of garlic (1/2 teaspoon of preminced garlic is about the same as 1 clove of garlic)

**Basil [M4]: (if not using dried)** Cut and remove the longer ends of the stems. Pile your basil on a clean cutting board and chop with a large chef type knife using a rocking motion keeping the knife point firmly in place.

**Oregano [M4]: (if not using dried)** Cut and remove the longer ends of the stems. Pile your basil on a clean cutting board and chop with a large chef type knife using a rocking motion keeping the knife point firmly in place.

**Ginger root [M1]:** Take your ginger root and peel the skin. Grate enough ginger root to make 1 tablespoon ginger (about 2 inches of ginger root).

(OR skip this entire step and buy a jar of “Ginger paste”, usually in produce section. Equivalents on the jar!)

## Saving Dinner with Five from the Freezer Dinner Planner

*Note: All recipes in this menu are prepared on an indoor grill, outdoor grill, stovetop grill or oven broiler. The preparation times below reflect the amount of time it will take to prepare the FOOD to put it on the grill, and does not include any time you may need to preheat your grill, appliance, or oven. Typically this can take anywhere from 5-15 minutes, but can vary greatly from grill to grill. Please allow time for your grill to heat up.*

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Far East Grillers	Serve with stir-fried mushrooms, zucchini, snow peas, broccoli and bean sprouts and brown rice.	Grill	5-10 minutes	About 15 minutes
<input type="checkbox"/> Red River Chicken	Serve with grilled corn on the cob, a big green salad, baked tortilla chips and guacamole.	Grill	< 5 minutes	8-12 minutes
<input type="checkbox"/> Summer in Vermont Chicken	Serve with roasted asparagus and a relish tray of cherry tomatoes, cucumber spears and radishes.	Grill	< 5 minutes	8-12 minutes
<input type="checkbox"/> Under the Tuscan Sun Chicken	Serve with angel hair pasta topped with Parmesan cheese, a large spinach salad and garlic toast.	Grill	5 - 10 minutes	8-12 minutes
<input type="checkbox"/> Carolina Style Grilled Chicken	Serve with potato salad, steamed green beans and glazed baby carrots.	Grill	< 5 minutes	8-12 minutes



## Far East Grillers

5 For The Freezer Grilled Chicken Breast  
Recipe 1 — Assembly Guidelines

In a mixing bowl, combine and mix:

**1/4 cup Hoisin sauce**  
**3 tablespoons Szechuan style sauce**  
**3 tablespoons sesame oil**  
**3 tablespoons honey**  
**1 tablespoon fresh grated ginger root**  
**2 tablespoons toasted sesame seeds**  
**1 1/2 cups low sodium chicken broth**



Reserve 1 cup of marinade sauce in 1 quart freezer bag. Gently and carefully squeeze the bag to force out any air; seal the bag.

In a 1 gallon freezer bag, place:

**4 boneless skinless chicken breast halves**

Pour remaining marinade over chicken. Gently and carefully squeeze the bag to force out any air; seal the bag.

In a snack sized plastic bag, place:

**1/4 cup low sodium chicken broth**

Gently and carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Far East Grillers

5 For The Freezer Grilled Chicken Breast  
Recipe 1 — Cooking Instructions

### Preassembled Ingredients

4 boneless skinless chicken breast halves  
1/4 cup Hoisin sauce  
3 tablespoons Szechuan style sauce  
3 tablespoons sesame oil  
3 tablespoons honey  
1 tablespoon fresh grated ginger root  
2 tablespoons toasted sesame seeds  
1 3/4 cups low sodium chicken broth, divided



### At time of cooking ingredients

2 teaspoons corn starch

### Cooking Instructions

Remove preassembled Far East Grillers from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat indoor grilling machine, outdoor grill, stovetop grill or oven broiler.

Remove chicken from marinade and discard remaining marinade. Grill chicken for about 8-12 minutes or until chicken is cooked through.

While chicken is cooking, place reserved 1 cup marinade into sauce pan. Mix the 1/4 cup chicken broth with corn starch and whisk until chicken broth begins to thicken and forms a rue. Add rue to marinade in saucepan. Serve sauce over cooked chicken.

**Serving Suggestions:** Serve with stir-fried mushrooms, zucchini, snow peas, broccoli and bean sprouts and brown rice.

**Nutrition per serving:** 385 Calories; 15g Fat; 34g Protein; 31g Carbohydrate; 2g Dietary Fiber; 69mg Cholesterol; 829mg Sodium. **Exchanges:** 0 Grain (Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat; 1 1/2 Other Carbohydrates. **Points:** 9

## Red River Chicken

5 For The Freezer Grilled Chicken Breast  
Recipe 2 — Assembly Guidelines

In a mixing bowl, combine:

**1 tablespoon chili powder**  
**1/2 tablespoon paprika**  
**3/4 teaspoon cumin**  
**1/4 teaspoon cayenne pepper**  
**1/4 teaspoon garlic powder**  
**1/4 teaspoon salt**  
**2 tablespoons olive oil**



Mix well to form a paste; rub paste onto:

**4 boneless skinless chicken breast halves**

Place chicken breasts into a 1 gallon freezer bag.

Carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Red River Chicken

5 For The Freezer Grilled Chicken Breast  
Recipe 2 — Cooking Instructions

### Preassembled Ingredients

1 tablespoon chili powder  
1/2 tablespoon paprika  
3/4 teaspoon cumin  
1/4 teaspoon cayenne pepper  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
2 tablespoons olive oil  
4 boneless skinless chicken breast halves



### At time of cooking ingredients

None

### Cooking Instructions

Remove preassembled Red River Chicken from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat indoor grill, outdoor grill, stovetop grill or oven broiler.

Remove chicken from bag and place on grill.

Grill chicken for about 8-12 minutes or until cooked through.

**Serving Suggestions:** Serve with grilled corn on the cob, a big green salad, baked tortilla chips and guacamole.

**Nutrition per serving:** 200 Calories; 9g Fat; 28g Protein; 2g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 230mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1 1/2 Fat.  
**Points:** 5

## Summer in Vermont Chicken

5 For The Freezer Grilled Chicken Breast  
Recipe 3 — Assembly Guidelines

In a 1 gallon freezer bag, add:

**4 boneless skinless chicken breast halves**  
**1/2 cup grainy mustard**  
**1/2 cup maple syrup**  
**2 tablespoons apple cider vinegar**  
**1 tablespoon olive oil**  
**Salt and pepper, to taste**



Gently and carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Summer in Vermont Chicken

5 For The Freezer Grilled Chicken Breast  
Recipe 3 — Cooking Instructions

### Preassembled Ingredients

4 boneless skinless chicken breast halves  
1/2 cup grainy mustard  
1/2 cup maple syrup  
2 tablespoons apple cider vinegar  
1 tablespoon olive oil  
Salt and pepper, to taste



### At time of cooking ingredients

None

### Cooking Instructions

Remove preassembled Summer in Vermont Chicken from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat indoor grill, outdoor grill, stovetop grill or oven broiler.

Remove chicken from bag and place on grill.

Grill chicken for at least 8-12 minutes or until chicken is cooked through.

**Serving Suggestions:** Serve with roasted asparagus and a relish tray of cherry tomatoes, cucumber spears and radishes.

**Nutrition per serving:** 292 Calories; 7g Fat; 30g Protein; 29g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 489mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 0 Fruit; 1 Fat; 2 Other Carbohydrates. **Points:** 6

## Under the Tuscan Sun Chicken

5 For The Freezer Grilled Chicken Breast  
Recipe 4 — Assembly Guidelines

In a 1 gallon freezer bag, combine:

**4 boneless skinless chicken breast halves**  
**1 clove garlic, pressed (1/2 teaspoon minced)**  
**1 (14.5-oz.) can Italian style diced tomatoes, drained**  
**3/4 cup balsamic vinegar**  
**1/4 cup fresh chopped basil leaves (can use 1 1/2 tablespoons dried)**  
**2 tablespoons fresh chopped oregano (can use 1/2 tablespoon rounded dried)**  
**Salt and pepper, to taste**



Seal the bag and gently toss to coat the chicken breast.

Open the bag and carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Under the Tuscan Sun Chicken

5 For The Freezer Grilled Chicken Breast  
Recipe 4 — Cooking Instructions

### Preassembled Ingredients

1 clove garlic, pressed (1/2 teaspoon minced)  
1 (14.5-oz.) can Italian style diced tomatoes, drained  
3/4 cup balsamic vinegar  
1/4 cup fresh chopped basil leaves (can use 1 1/2 tablespoons dried)  
2 tablespoons fresh chopped oregano (can use 1/2 tablespoon rounded dried)  
Salt and pepper, to taste  
4 boneless skinless chicken breast halves

### At time of cooking ingredients

2 ripe tomatoes  
1/4 cup chopped parsley



### Cooking Instructions

Remove preassembled Under the Tuscan Sun Chicken from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat indoor grilling machine, outdoor grill, stovetop grill or oven broiler.

Grill chicken for about 8-12 minutes or until chicken is cooked through. While chicken is cooking, slice ripe tomatoes.

Place two slices of tomato on top of each piece of chicken and sprinkle with parsley. Allow chicken and tomato to grill together for about 2-3 minutes or until tomatoes are warmed through.

**Serving Suggestions:** Serve with angel hair pasta topped with Parmesan cheese, a large spinach salad and garlic toast.

**Nutrition per serving:** 181 Calories; 2g Fat; 29g Protein; 13g Carbohydrate; 3g Dietary Fiber; 68mg Cholesterol; 95mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 4

## Carolina Style Grilled Chicken

5 For The Freezer Grilled Chicken Breast  
Recipe 5 — Assembly Guidelines

In a 1 gallon freezer bag, add:

**4 boneless skinless chicken breast halves**  
**1/2 cup apple cider vinegar**  
**1/3 cup yellow mustard**  
**1/4 cup granulated sugar**  
**1 tablespoon chili powder**  
**1/2 teaspoon salt**  
**1/2 teaspoon pepper**  
**Cayenne pepper, to taste**  
**18 drops hot sauce (more or less to taste)**  
**1 tablespoon butter, melted**  
**1/4 teaspoon low sodium soy sauce**



Gently and carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Carolina Style Grilled Chicken

5 For The Freezer Grilled Chicken Breast  
Recipe 5 — Cooking Instructions

### Preassembled Ingredients

4 boneless skinless chicken breast halves  
1/2 cup apple cider vinegar  
1/3 cup yellow mustard  
1/4 cup granulated sugar  
1 tablespoon chili powder  
1/2 teaspoon salt  
1/2 teaspoon pepper  
Cayenne pepper, to taste  
18 drops hot sauce (more or less to taste)  
1 tablespoon butter, melted  
1/4 teaspoon low sodium soy sauce



### At time of cooking ingredients

None

### Cooking Instructions

Remove preassembled Carolina Style Grilled Chicken from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat indoor grilling machine, outdoor grill, stovetop grill or oven broiler.

Remove chicken from bag and place on grill.

Grill chicken for about 8-12 minutes or until chicken is cooked through.

**Serving Suggestions:** Serve with potato salad, steamed green beans and glazed baby carrots.

**Nutrition per serving:** 100 Calories; 4g Fat; 1g Protein; 17g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 590mg Sodium. **Exchanges:** 0 Grain (Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates. **Points:** 3



## **Got Questions? Need Help?**

Visit our Mega Menu-Mailer

### **USERS FORUM**

and chat with others using our  
Mega Menu-Mailers and standard menus.

We're here to help you with  
all your dinner needs.

Our customer service center is available to  
assist you as well. Check out our

### **“LIVE CHAT”**

and “talk” directly with one of our staff  
right then and there.

Visit our website at

[H\[www.SavingDinner.com\]\(http://www.SavingDinner.com\)](http://www.SavingDinner.com)

for all of the details  
and any assistance you need.



# **Saving Dinner with**



## **Five for the Freezer**

### **5 chicken-based recipes to assemble and freeze ahead**

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**5 delicious Dinner Kits**

to

Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to “Five for the Freezer”

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 5 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Five for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 5 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy pre assembly prep list to zip thru the meal assembly process.

## Let's talk Dollars and Cents

Five for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the fish and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

### **Shopping Lists – Your plan for success**

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Five for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. They are on the same page, but one column you'll refer to now, the second column later.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List column. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look over the left column to get started. This one has the ingredients that you'll be assembling and freezing.

### **Home Sweet Grocery Store**

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, It's time to put on those lace up shoes and head to the market for your remaining ingredients.

#### **Supplies and Tools to have on hand:**

- ☐ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ☐ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ☐ Measuring cups and spoons (2 sets of each is best!)
- ☐ Mixing bowls and other containers for preparation
- ☐ Manual or electric food processor, blender or chopper
- ☐ Sharp knives
- ☐ Cutting boards (1 for veggies, 1 for meats)
- ☐ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

#### **Taking the Leisurely Route?**

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

#### **Money Saving Tip**

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 5 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 5 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40°F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals.. Overnight thawing is the optimal way to defrost dinner.



## Stations Everyone

A place for everything, and everything in it's place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, and dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 5 kits in a day, try doing the preassembly the day before (except for the apples). Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the [Preassembly Prep List](#) as that will have many time saving, do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the ["Dinner Menu List"](#). Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one and track your progress.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

### Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer, simply mark it off the list. With 5 dinners tucked inside the freezer, you want to make sure you track what you've enjoyed since we know most people will be eating these meals periodically and not 5 days in a row.

Now is also the time to break out that second shopping list column — the Meal Time Shopping List. You may even want to have a couple of copies of this on hand. Here you'll find all 5 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process.

Some ingredients on the Meal Time Shopping List will be preceded by a “ \* “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 5 days worth of main courses and we know most of you don't eat the same meat 5 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

## Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

## Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

## Congratulations on Saving Dinner in your home!

# Dinner Kit Shopping List

## Assembly and Mealtime Ingredients

Assembly time shopping list	Mealtime Shopping list
<p><b>MEAT</b> 27 Boneless skinless chicken breast halves [M1,M2,M3,M4,M5]</p> <p><b>CONDIMENTS</b> Vegetable oil [M3] Olive oil [M2]</p> <p><b>PRODUCE</b> 2 onions [M2] 1 red onion [M3] 1 - 2 lemons (2 tablespoons juice) [M2]</p> <p><b>CANNED GOODS</b> 1 (8-oz.) can tomato sauce [M1] 1 (4.5-oz.) can sliced olives [M2] 1 (14.5-oz.) can diced tomatoes with roasted garlic, onion and oregano [M2]</p> <p><b>SPICES</b> Thyme (1/2 teaspoon) [M3] Cumin (1/4 teaspoon) [M1] Chili powder (1 teaspoon) [M1] Garlic powder (dash) [M5] Dried oregano (1/2 teaspoon) [M1] Nutmeg (dash) [M5]</p> <p><b>DAIRY</b> Cheddar cheese (1 cup, shredded) [M1] 2 eggs [M4] Mozzarella cheese (3/4 cup, shredded) [M4] Parmesan cheese (3 tablespoons, grated) [M4]</p> <p><b>DRY GOODS</b> Italian seasoned bread crumbs (2 cups) [M4]</p> <p><b>FREEZER</b> 1 (6-oz.) can frozen orange juice concentrate [M5]</p> <p><b>BAKERY</b> 6 (6-inch) corn tortillas [M1]</p> <p><b>OTHER</b> 11 (1 gallon) freezer plastic bags [M1,M2,M3,M4,M5] 2 (1 quart) freezer plastic bags [M1,M4] Plastic wrap [M4]</p>	<p><b>1. Chicken Tostados</b> 1 (16-oz.) can refried beans *Sour cream (optional) *Lettuce for salad *Tomato *Avocado *Green onion *Salsa</p> <p><b>2. Mediterranean Chicken Breasts</b> *Broccoli *Baby carrots *Brown rice</p> <p><b>3. Blackberry Balsamic Chicken</b> Balsamic vinegar (2 tablespoons) 1 (9-oz.) jar blackberry preserves (your favorite) *Vegetable oil *Red potatoes *Green beans *Whole wheat rolls.</p> <p><b>4. Chicken Parmesan</b> 1 (26-oz.) jar spaghetti sauce (your favorite) Egg noodles, wide (6 ounces, uncooked) *Olive oil *Russet potatoes *Spinach salad</p> <p><b>5. Orange Thyme Crock Chicken</b> Corn Starch (2 tablespoons) *Green beans *Cherry tomatoes *Yellow squash.</p> <p>(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 2px solid black; padding: 10px; margin-top: 20px;"> <p style="text-align: center;"><b>QUICK TIP</b></p> <p style="text-align: center;">Some ingredients on the above "Day of Shopping List" are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

## Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

### Chicken Breast Halves

Take 3 chicken breast halves and cook them your preferred way. Take the cooked chicken breast halves and chop them into 1/2 to 1 inch cubes to make 2 cups.

Take 6 chicken breast halves and pound flat to about 1/4 inch thick.

**Tip:** Place chicken breast between 2 sheets of plastic wrap or a 1 gallon freezer bag before pounding flat.

### Onions

White or yellow onions: Cut off both ends and peel first layer of onions. Chop 2 onions.

### Red Onion

Cut off both ends and peel first layer of onions. Chop enough to make 1/2 cup.

### Lemons

Rinse lemons under running water to wash.  
(Remember, fresh fruit and vegetables are handled daily by many people and their bare hands.)

Juice your lemon.

Using your palm, press and roll the lemons on your countertop a few times to help release the juice from the pulp. (**Tip:** lemons and limes stored at room temperature release more juice than lemons stored in your refrigerator.)

If you do not have a juicer, squeeze the lemons over a bowl by hand. Store the juice in a plastic bag in your refrigerator overnight. Be sure to remove any seeds from the juice.

## Saving Dinner with Five from the Freezer

### Dinner Planner

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Chicken Tostados	Garnish with sour cream if desired. Serve with salad topped with sliced tomato, sliced avocado, green onion and topped salsa	Broiler	< 5 minutes	< 10 minutes
<input type="checkbox"/> Mediterranean Chicken Breasts	Steamed broccoli, glazed baby carrots and brown rice	Skillet	< 5 minutes	< 20 minutes
<input type="checkbox"/> Blackberry Balsamic Chicken	Roasted red potatoes, steamed green beans and whole wheat rolls	Skillet	< 5 minutes	<15 minutes
<input type="checkbox"/> Chicken Parmesan	Serve with baked potatoes and spinach salad	Oven	< 5 minutes	< 30 minutes
<input type="checkbox"/> Orange Thyme Crock Chicken	Sautéed green beans with cherry tomatoes and sautéed yellow squash	Crock Cooker	< 5 minutes	6 – 7 hours



## Chicken Tostados

### Recipe 1 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**2 cups cooked chopped chicken breasts**  
**1 teaspoon chili powder**  
**1/2 teaspoon dried oregano**  
**1/4 teaspoon cumin**  
**8 ounces tomato sauce**



Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, place:

**1 cup shredded Cheddar cheese**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 gallon freezer bag add:

**6 (6-inch) corn tortillas**

Insert the two freezer bags into the 1 gallon freezer bag containing your corn tortillas. Gently and carefully squeeze the bag to force out any air then seal the bag.

Place your label on the bag or write the name & date and the recipe page number on the bag and place in the freezer.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) and place in the freezer.

## Chicken Tostados

### Recipe 1 — Cooking Instructions

#### Preassembled Ingredients

2 cups cooked chopped chicken breasts  
1 teaspoon chili powder  
1/2 teaspoon dried oregano  
1/4 teaspoon cumin  
8 ounces tomato sauce  
1 cup shredded Cheddar cheese  
6 (6-inch) corn tortillas



#### At time of cooking ingredients

1 (16-oz.) can refried beans

#### Cooking Instructions

Preheat oven broiler.

Place tortillas on baking sheet or pan. Spread about 1/4 cup of beans on top of each tortilla. Next spoon about 1/4 cup of chicken mixture on top of tortilla. Sprinkle about 3 tablespoons of cheese on top of tortilla.

Place tortillas under broiler and heat for about 3 minutes or until cheese is bubbly.

**Serving Suggestions:** Garnish with sour cream if desired.

Serve with salad topped with sliced tomato, sliced avocado, green onion and topped salsa.

**Nutrition per serving:** 306 Calories; 10g Fat; 26g Protein; 29g Carbohydrate; 6g Dietary Fiber; 59mg Cholesterol; 747mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 6

## Mediterranean Chicken Breasts

### Recipe 2 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**1 tablespoon olive oil**  
**2 cups chopped onion**  
**1 14.5 ounce can diced tomatoes with  
roasted garlic, onion and oregano**  
**1 4.5 ounce can sliced olives, drained**  
**Salt and pepper to taste**  
**6 boneless skinless chicken breast halves**  
**2 tablespoons lemon juice**



Gently and carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) and place in the freezer.

## Mediterranean Chicken Breasts

### Recipe 2 — Cooking Instructions

#### Preassembled Ingredients

1 tablespoon olive oil  
2 cups chopped onion  
1 14.5 ounce can diced tomatoes with roasted  
garlic, onion and oregano  
1 4.5 ounce can sliced olives, drained  
Salt and pepper to taste  
6 boneless skinless chicken breast halves  
2 tablespoons lemon juice



#### Cooking Instructions

Heat a skillet over medium high heat

Place chicken and tomato mixture into the skillet and bring to a boil; reduce heat to medium. Cover and cook for another 10 minutes or until chicken is cooked through.

**Serving Suggestions:** Steamed broccoli, glazed baby carrots and brown rice.

**Nutrition per serving:** 178 Calories; 4g Fat; 28g Protein; 6g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 158mg Sodium. **Exchanges:** 4 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 4

## Blackberry Balsamic Chicken

Recipe 3 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**1 teaspoon vegetable oil**  
**1/2 cup chopped red onion**  
**1/2 teaspoon thyme**  
**6 boneless skinless chicken breasts halves**



Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) and place in the freezer.

## Blackberry Balsamic Chicken

Recipe 3 — Cooking Instructions

### Preassembled Ingredients

1 teaspoon vegetable oil  
1/2 cup chopped red onion  
1/2 teaspoon thyme  
6 boneless skinless chicken breasts halves



### At time of cooking ingredients

1 teaspoon vegetable oil  
1/2 cup seedless blackberry preserves  
2 tablespoons balsamic vinegar

### Cooking Instructions

Heat oil in a large nonstick skillet over medium heat. Add the season chicken with onions to the skillet and cook for about 6 minutes per side or until chicken is cooked through.

Remove chicken from skillet and keep warm. Reduce heat to medium low and add preserves and vinegar. Stir until sauce is thickened. Spoon sauce over chicken and serve.

**Serving Suggestions:** Roasted red potatoes, steamed green beans and whole wheat rolls.

**Nutrition per serving:** 207 Calories; 2g Fat; 28g Protein; 19g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 88mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates. **Points:** 4

## Chicken Parmesan

### Recipe 4 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**2 cups Italian seasoned bread crumbs**

In a small mixing bowl, beat **2 eggs**.

Dip a **boneless skinless chicken breast half**, flattened 1/4 inch thick into the beaten eggs, drain off excess egg and drop into the bag holding the bread crumbs, seal bag and shake to coat the chicken breast.

Repeat the process for the 5 remaining chicken breast halves.

Carefully squeeze the bag to force out any air; seal the bag.

In a 1 quart freezer bag add:

**3/4 cup shredded Mozzarella cheese**  
**3 tablespoons grated Parmesan cheese**

Gently squeeze the bag to force out any air then seal the bag.

Place the plastic bags into a 1 gallon freezer bag gently squeeze out the air and seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) and place in the freezer.



## Chicken Parmesan

### Recipe 4 — Cooking Instructions

#### Preassembled Ingredients

6 boneless skinless chicken breast halves,  
pounded flat  
2 eggs, beaten  
2 cups Italian seasoned bread crumbs  
3/4 cup shredded Mozzarella cheese  
3 tablespoons grated Parmesan cheese

#### At time of cooking ingredients

1 tablespoon olive oil  
1 (26-oz.) jar spaghetti sauce  
6 ounces wide egg noodles, uncooked

#### Cooking Instructions

Heat oven to 350 degrees.

In a large skillet, heat oil and add chicken. Cook on both sides until lightly browned. Drain on paper towels.

Pour 1/2 cup spaghetti sauce into an 8 inch baking dish. Layer chicken in the dish and pour about 3/4 cup sauce evenly over the chicken. Sprinkle with cheeses and bake 25 minutes or until bubbly.

Cook noodles according to package directions and drain. Heat the remaining sauce. To serve, place noodles on the bottom, spoon sauce over noodles and arrange chicken pieces on top.

**Serving Suggestions:** Serve with baked potatoes and spinach salad.

**Nutrition per serving:** 426 Calories; 16g Fat; 38g Protein; 32g Carbohydrate; 5g Dietary Fiber; 160mg Cholesterol; 1081mg Sodium. **Exchanges:** 1 Grain (Starch); 4 1/2 Lean Meat; 4 Vegetable; 2 1/2 Fat. **Points:** 9



## Orange Thyme Crock Chicken

Recipe 5 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**1 (6-oz.) can frozen orange juice concentrate, thawed**  
**1/2 teaspoon thyme**  
**Dash ground nutmeg**  
**Dash garlic powder**  
**6 boneless skinless chicken breast halves**



Gently and carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) and place in the freezer.

## Orange Thyme Crock Chicken

Recipe 5 — Cooking Instructions

### Preassembled Ingredients

6 ounces canned frozen orange juice concentrate, thawed  
1/2 teaspoon thyme  
Dash ground nutmeg  
Dash garlic powder  
6 boneless skinless chicken breast halves



### At time of cooking ingredients

1/4 cup water  
2 tablespoons cornstarch

### Cooking Instructions

Place chicken mixture into your slow cooker. Cover and cook on low for 6-7 hours or until chicken is done.

Remove chicken from slow cooker and keep warm. Transfer remaining cooking liquid to a saucepan and heat to a boil. In a small bowl, dissolve cornstarch in a small amount of cold water and stir into sauce. Cook for about 5 minutes or until sauce thickens nicely.

Serve chicken with sauce.

**Serving Suggestions:** Sautéed green beans with cherry tomatoes and sautéed yellow squash.

**Nutrition per serving:** 186 Calories; 2g Fat; 28g Protein; 13g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 78mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1/2 Fruit; 0 Fat. **Points:** 4



## **Got Questions? Need Help?**

Visit our Mega Menu-Mailer

### **USERS FORUM**

and chat with others using our  
Mega Menu-Mailers and standard menus.

We're here to help you with  
all your dinner needs.

Our customer service center is available to  
assist you as well. Check out our

### **“LIVE CHAT”**

and “talk” directly with one of our staff  
right then and there.

Visit our website at

[www.SavingDinner.com](http://www.SavingDinner.com)

for all of the details  
and any assistance you need.



# **Saving Dinner with**



## **Five for the Freezer**

### **5 chicken-based recipes to assemble and freeze ahead**

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**5 delicious Dinner Kits**

to

Bring your Family Back to the Dinner Table

#### **Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to “Five for the Freezer”

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 5 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Five for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 5 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy [pre assembly prep list](#) to zip thru the meal assembly process.

## Let's talk Dollars and Cents

Five for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the fish and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

### Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Five for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. They are on the same page, but one column you'll refer to now, the second column later.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List column. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look over the left column to get started. This one has the ingredients that you'll be assembling and freezing.

### Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, It's time to put on those lace up shoes and head to the market for your remaining ingredients.

#### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

#### Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

#### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 5 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 5 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40° F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals.. Overnight thawing is the optimal way to defrost dinner.



## Stations Everyone

A place for everything, and everything in it's place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, and dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 5 kits in a day, try doing the preassembly the day before (except for the apples). Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the [Preassembly Prep List](#) as that will have many time saving, do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the ["Dinner Menu List"](#). Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one and track your progress.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

### Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer, simply mark it off the list. With 5 dinners tucked inside the freezer, you want to make sure you track what you've enjoyed since we know most people will be eating these meals periodically and not 5 days in a row.

Now is also the time to break out that second shopping list column — the Meal Time Shopping List. You may even want to have a couple of copies of this on hand. Here you'll find all 5 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process.

Some ingredients on the Meal Time Shopping List will be preceded by a “ \* “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 5 days worth of main courses and we know most of you don't eat the same meat 5 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

## Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

## Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

## Congratulations on Saving Dinner in your home!

# Dinner Kit Shopping List

## Assembly and Mealtime Ingredients

Assembly time shopping list	Mealtime Shopping list
<p><b>MEAT</b> 30 (4-6-oz.) Chicken Breasts [M1,M2,M3,M4,M5]</p> <p><b>CONDIMENTS</b> Vegetable oil (4 1/2 teaspoons) [M3] Balsamic vinegar (1/3 cup) [M3] Soy sauce, low sodium (3 tablespoons) [M1] White wine (or use white grape juice with cider vinegar) (3/4 cup) [M3] Sherry (optional) [M2] Champagne (or use white wine or white grape juice with cider vinegar) (1 1/2 cups) [M4] 2 (7-oz.) jars Kalamata olives [M2] 1 (5-oz.) package pecans [M4]</p> <p><b>PRODUCE</b> 4 onions [M2,M5] 3 bunches green onions [M1,M2,M4] 1 head garlic [M1,M2] 3 carrots [M1] 1 (2-3-inch) piece gingerroot [M1]</p> <p><b>CANNED GOODS</b> 2 (14.5-oz.) cans chicken broth, low sodium [M2,M4,M5]</p> <p><b>SPICES</b> Cayenne pepper [M2,M3] Cumin [M2] Ground coriander [M2,M3] Italian seasoning [M4] Paprika [M5] Turmeric [M3] Seasoned salt (for toasted pecans) [M4]</p> <p><b>DAIRY/DAIRY CASE</b> Butter (2 tablespoon) [M2,M3]</p> <p><b>DRY GOODS</b> Flour (1 1/2 cups) [M4]</p> <p><b>OTHER</b> 12 (1-gallon) freezer plastic bags 3 (1-quart) freezer plastic bags 1 (snack sized) plastic bag Plastic wrap</p>	<p><b>1. Ginger Chicken Stir Fry</b> Vegetable oil (3 tablespoons) Brown sugar (3/4 teaspoon) White wine (or use white grape juice with cider vinegar) (1/3 cup) Cilantro (3 tablespoons) *Fried rice *Garlic sautéed broccoli *Cheese wontons.</p> <p><b>2. Olived Chicken</b> Olive oil (1 1/2 tablespoons) *Hummus *Pita chips *Cucumbers *Minted Greek yogurt</p> <p><b>3. Curried Chicken</b> Vegetable oil 1 (1/2 teaspoons) Light mayonnaise (1 1/2 cups) *Whole wheat couscous *Dilled petite peas *Artichoke hearts</p> <p><b>4. Champagne Chicken</b> Butter (1 1/2 tablespoons) Olive oil (1 1/2 tablespoons) 1 (16-oz.) carton cream *Scalloped potatoes *Asparagus</p> <p><b>5. Sour Creamed Chicken</b> Vegetable oil 2 tablespoons Sour cream 1/2 cup *Buttered noodles *Green beans *Loaf of crusty bread</p> <p>(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 3px double black; padding: 10px; text-align: center;"> <p><b>QUICK TIP</b> Some ingredients on the above “Day of Shopping List” are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

## Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

### **Onions [M]:**

White or yellow onions: Cut off both ends and peel first layer of onions. Then:

Chop 2 onions  
Slice 2 onions

### **Green onions [M]:**

Cut off the ends of your green onions and thoroughly wash your onions. Then:

Chop 15 to 18 green onions using the green and white parts

### **Carrots**

Wash your carrots using a stiff bristle vegetable brush. If you wish, peel your carrots using a vegetable peeler. Then:

Slice 3 medium to large carrots

### **Gingerroot**

Using a vegetable peeler or a paring knife, peel the skin from a section of your gingerroot. Then grate enough of your gingerroot to make 2 tablespoons.

### **Garlic**

Press 6 cloves of garlic. 1/2 teaspoon is about the same as 1 clove of garlic if you're using the jarred minced garlic.

### **Olives**

Open the jars and drain the oil from the olives. Carefully slice the olives.

### **Pecans**

Melt 1 to 2 tablespoons of butter over low heat; add 1/3 cup of pecans and toss to coat the pecans. Remove pecans and place on a cookie sheet, sprinkle with season salt. Place into a 350 degree oven. When pecans start to turn brown, turn off the oven and let pecans finish toasting. The key to toasting pecans is to watch them closely. Then coarsely chop the pecans.

### **Chicken Breasts**

Take 6 chicken breast halves and cut them into 1/2- to 1-inch cubes.

## Saving Dinner with Five from the Freezer

### Dinner Planner

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Ginger Chicken Stir Fry	Serve with fried rice, garlic sautéed broccoli and cheese wontons.	Skillet	< 5 minutes	<10 minutes
<input type="checkbox"/> Olived Chicken	Serve with hummus, pita chips and cucumbers topped with minted Greek yogurt.	Skillet	< 5 minutes	<10 minutes
<input type="checkbox"/> Curried Chicken	Serve with whole wheat couscous, dilled petite peas and artichoke hearts.	Skillet	< 5 minutes	<10 minutes
<input type="checkbox"/> Champagne Chicken	Serve with scalloped potatoes and sautéed asparagus.	Skillet	< 5 minutes	<10 minutes
<input type="checkbox"/> Sour Creamed Chicken	Hot buttered noodles, steamed green beans and a warm loaf of crusty bread.	Skillet	< 5 minutes	<30 minutes



## Ginger Chicken Stir Fry

Recipe 1 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**6 boneless skinless chicken breast halves, cubed**  
**4 sliced green onions**  
**1 teaspoon pressed garlic**  
**3 sliced carrots**  
**2 tablespoons grated gingerroot**  
**3 tablespoons low sodium soy sauce**



Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Ginger Chicken Stir Fry

Recipe 1 — Cooking Instructions

### Preassembled Ingredients

6 boneless skinless chicken breast halves, cubed  
4 sliced green onions  
1 teaspoon pressed garlic  
3 sliced carrots  
2 tablespoons grated gingerroot  
3 tablespoons low sodium soy sauce



### At time of cooking ingredients

3 tablespoons vegetable oil  
3/4 teaspoon brown sugar  
1/3 cup white wine (or use white grape juice with a splash of cider vinegar)  
3 tablespoons cilantro

### Cooking Instructions

Remove preassembled Ginger Chicken Stir Fry from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Heat oil in a large skillet over medium-high heat sauté chicken and vegetable mixture for about 4 minutes or till chicken is done. Remove chicken and veggies and set aside.

Add sugar and wine (juice/vinegar) and bring to a low boil. Return chicken and veggies to pan to reheat. Garnish with cilantro.

**Serving Suggestions:** Serve with fried rice, garlic sautéed broccoli and cheese wontons.

**Nutrition per serving:** 284 Calories; 9g Fat; 41g Protein; 6g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 426mg Sodium.  
**Exchanges:** 5 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat. **Points:** 6

## Olived Chicken

### Recipe 2 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**6 sliced boneless skinless chicken breast halves**  
**2 teaspoons pressed garlic**  
**1 1/2 cups chopped onions**  
**1 cup chopped green onions**  
**1 1/2 cup sliced Kalamata olives**  
**2 1/4 teaspoons cumin**  
**2 1/4 teaspoons coriander**  
**1/4 teaspoon cayenne pepper**



Gently and carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag combine:

**1 tablespoon sherry (optional)**  
**1 1/4 cups low sodium chicken broth**  
**1 tablespoon butter**  
**Salt and pepper to taste**

Gently and carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Olived Chicken

### Recipe 2 — Cooking Instructions

#### Preassembled Ingredients

6 sliced boneless skinless chicken breast halves  
2 teaspoons pressed garlic  
1 1/2 cups chopped onions  
1 cup chopped green onions  
1 1/2 cup sliced Kalamata olives  
2 1/4 teaspoons cumin  
2 1/4 teaspoons coriander  
1/4 teaspoon cayenne pepper  
1 tablespoon sherry (optional)  
1 1/4 cups low sodium chicken broth  
1 tablespoon butter  
Salt and pepper to taste



#### At time of cooking ingredients

1 1/2 tablespoons olive oil

#### Cooking Instructions

Remove preassembled Olived Chicken from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Heat oil in a large skillet over medium-high heat, sauté chicken and vegetable mixture and cook for about 4-6 minutes or till chicken is done. Remove chicken and veggies to platter and keep warm.

Add sherry and chicken broth mixture and scrape up browned bits from bottom of pan. Cook until heated through and reduced to desired consistency. Pour sauce over chicken and enjoy.

**Serving Suggestions:** Serve with hummus, pita chips and cucumbers topped with minted Greek yogurt.

**Nutrition per serving:** 365 Calories; 23g Fat; 30g Protein; 8g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 1149mg Sodium. **Exchanges:** 4 Lean Meat; 1/2 Vegetable; 4 1/2 Fat.  
**Points:** 9

## Curried Chicken

### Recipe 3 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**6 boneless skinless chicken breast halves**

In a 1 quart freezer bag, place:

**4 1/2 teaspoons vegetable oil**

**1 1/2 teaspoons butter**

**1/3 cup balsamic vinegar**

**3/4 cup white wine (or use white grape juice with a splash of cider vinegar)**

**1/2 teaspoon black pepper**

**1/2 teaspoon cayenne pepper**

**3 3/4 teaspoons coriander**

**1 1/2 tablespoons turmeric**

Gently and carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



## Curried Chicken

### Recipe 3 — Cooking Instructions

#### Preassembled Ingredients

6 boneless skinless chicken breast halves

4 1/2 teaspoons vegetable oil

1 1/2 teaspoons butter

1/3 cup balsamic vinegar

3/4 cup white wine (or use white grape juice with a splash of cider vinegar)

1/2 teaspoon black pepper

1/2 teaspoon cayenne pepper

3 3/4 teaspoons coriander

1 1/2 tablespoons turmeric

#### At time of cooking ingredients

1 1/2 teaspoons vegetable oil

1 1/2 cups light mayonnaise

#### Cooking Instructions

Remove preassembled Curried Chicken from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Heat 1 1/2 teaspoons of vegetable oil in a large skillet over medium-high heat. Sauté chicken in oil for about 3-4 minutes per side or until cooked through. Remove from skillet and keep warm.

Add the wine and seasoning mixture and bring to a boil until sauce has reduced slightly. Cool sauce and then add mayonnaise and mix well.

Spoon sauce over chicken and enjoy.

**Serving Suggestions:** Serve with whole wheat couscous, dilled petite peas and artichoke hearts.

**Nutrition per serving:** 346 Calories; 19g Fat; 28g Protein; 12g Carbohydrate; trace Dietary Fiber; 93mg Cholesterol; 387mg Sodium. **Exchanges:** 4 Lean Meat; 3 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 9



## Champagne Chicken

### Recipe 4 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**1 1/2 cups flour**  
**2 teaspoons Italian seasoning**  
**Salt and pepper to taste**  
**6 boneless skinless chicken breast halves**



Drop 1 chicken breast half into the bag holding the flour and seasoning, seal bag and shake to coat the chicken breast.

Repeat the process for the remaining 5 chicken breast halves until you have all 6 boneless skinless chicken breasts halves in the bag with the flour and seasoning mix. Add more flour if necessary to coat chicken.

Carefully squeeze the bag to force out any air; seal the bag.

In a 1 gallon freezer bag combine:

**6 chopped green onions**  
**3/4 cup low sodium chicken broth**  
**1 1/2 cups Champagne or white wine (or use white grape juice with a splash of cider vinegar)**

Gently squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Champagne Chicken

### Recipe 4 — Cooking Instructions

#### Preassembled Ingredients

1 1/2 cups flour  
2 teaspoons Italian seasoning  
Salt and pepper to taste  
6 boneless skinless chicken breast halves  
6 chopped green onions  
3/4 cup low sodium chicken broth  
1 1/2 cups Champagne or white wine (or use white grape juice with a splash of cider vinegar)



#### At time of cooking ingredients

1 1/2 tablespoons butter  
1 1/2 tablespoons olive oil  
1 1/2 cups cream  
1/3 cup chopped toasted pecans

#### Cooking Instructions

Remove preassembled Champagne Chicken from the freezer and defrost. (See defrost instructions on page 4 for tips.)

In a large skillet over medium-high heat brown chicken in oil and butter until lightly browned and cooked through.

Add chicken broth and champagne mixture and cook for another minute or two. Add cream to sauce and let simmer for about 5 minutes. Serve chicken with sauce and sprinkle toasted pecans over the top.

**Serving Suggestions:** Serve with scalloped potatoes and sautéed asparagus.

**Nutrition per serving:** 490 Calories; 27g Fat; 33g Protein; 19g Carbohydrate; 1g Dietary Fiber; 128mg Cholesterol; 196mg Sodium. **Exchanges:** 1 Grain (Starch); 4 Lean Meat; 5 Fat. **Points:** 12

## Sour Creamed Chicken

### Recipe 5 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**1 tablespoon paprika**  
**6 boneless skinless chicken breast halves**

Sprinkle paprika over chicken breast halves and place into a 1 gallon freezer bag. Gently and carefully squeeze the bag to force out any air then seal the bag.

In a 1 gallon freezer bag combine:

**2 sliced onions**  
**Salt and pepper to taste**  
**1 1/2 cups low sodium chicken broth**

Gently and carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



## Sour Creamed Chicken

### Recipe 5 — Cooking Instructions

#### Preassembled Ingredients

1 tablespoon paprika  
6 boneless skinless chicken breast halves  
2 sliced onions  
Salt and pepper to taste  
1 1/2 cups low sodium chicken broth

#### At time of cooking ingredients

2 tablespoons vegetable oil  
1/2 cup sour cream

#### Cooking Instructions

Remove preassembled Sour Creamed Chicken from the freezer and defrost. (See defrost instructions on page 4 for tips.)

In a large skillet over medium-high heat sauté chicken in oil until chicken is browned on both sides.

Add onions and broth mixture and continue to simmer for 25 minutes or until onions are translucent and chicken is cooked through.

Remove chicken and onions from skillet and garnish with sour cream.

**Serving Suggestions:** Hot buttered noodles, steamed green beans and a warm loaf of crusty bread.

**Nutrition per serving:** 241 Calories; 10g Fat; 31g Protein; 5g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 218mg Sodium.  
**Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat. **Points:** 5





## **Got Questions? Need Help?**

Visit our Mega Menu-Mailer

### **USERS FORUM**

and chat with others using our  
Mega Menu-Mailers and standard menus.

We're here to help you with  
all your dinner needs.

Our customer service center is available to  
assist you as well. Check out our

### **“LIVE CHAT”**

and “talk” directly with one of our staff  
right then and there.

Visit our website at

[www.SavingDinner.com](http://www.SavingDinner.com)

for all of the details  
and any assistance you need.



# **Saving Dinner with**



## **Five for the Freezer**

### **5 Chicken recipes to assemble and freeze ahead**

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**5 delicious Dinner Kits**

to

Bring your Family Back to the Dinner Table

#### **Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to “Five for the Freezer”

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 5 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Five for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 5 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy [pre assembly prep list](#) to zip thru the meal assembly process.

## Let's talk Dollars and Cents

Five for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the fish and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

### **Shopping Lists – Your plan for success**

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Five for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. They are on the same page, but one column you'll refer to now, the second column later.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List column. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look over the left column to get started. This one has the ingredients that you'll be assembling and freezing.

### **Home Sweet Grocery Store**

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, it's time to put on those lace-up shoes and head to the market for your remaining ingredients.

#### **Supplies and Tools to have on hand:**

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

#### **Taking the Leisurely Route?**

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

#### **Money Saving Tip**

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 5 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 5 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40°F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals.. Overnight thawing is the optimal way to defrost dinner.

## Stations Everyone

A place for everything, and everything in it's place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, and dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 5 kits in a day, try doing the preassembly the day before (except for the apples). Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the [Preassembly Prep List](#) as that will have many time saving, do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "[Dinner Menu List](#)". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one and track your progress.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

### Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!



## What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer, simply mark it off the list. With 5 dinners tucked inside the freezer, you want to make sure you track what you've enjoyed since we know most people will be eating these meals periodically and not 5 days in a row.

Now is also the time to break out that second shopping list column — the Meal Time Shopping List. You may even want to have a couple of copies of this on hand. Here you'll find all 5 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process.

Some ingredients on the Meal Time Shopping List will be preceded by a “ \* “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 5 days worth of main courses and we know most of you don't eat the same meat 5 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

## Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

## Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

## Congratulations on Saving Dinner in your home!

# Dinner Kit Shopping List

## Assembly and Mealtime Ingredients

Assembly Time Shopping List	Mealtime Shopping list
<p><b>MEAT</b> 20 boneless skinless chicken breast halves [M1, M2, M3, M4, M5]</p> <p><b>CONDIMENTS</b> Olive oil [M5] Salsa (1 cup) [M1]</p> <p><b>PRODUCE</b> Onions (2 large) [M2] Red onions (1 large) [M1, M4] Garlic (8 cloves) [M1, M2, M4] Green onions (3) [M3] Green bell peppers (1 large) [M2] Red bell peppers (1 large) [M2] Chipotle chili pepper (1) [M1] Basil (3 cups leaves) [M5] Lemons (1) [M5] Apples, Granny Smith, Golden Delicious or Jonathan (4) [M3, M4]</p> <p><b>CANNED GOODS</b> Low sodium chicken broth (1/2 cup) [M4] 1 (7-oz.) jar roasted red peppers [M1] Apple juice (3 tablespoons) [M3]</p> <p><b>SPICES</b> Ground coriander seeds [M1] Oregano [M2] Curry powder [M4] Ginger [M4]</p> <p><b>DAIRY/DAIRY CASE</b> Parmesan cheese (3 tablespoons grated) [M5]</p> <p><b>DRY GOODS</b> Raisins (6 tablespoons) [M4] Chopped pecans (1/4 cup) [M3]</p> <p><b>OTHER</b> Zipper-topped plastic freezer bags 4 (1 quart) freezer plastic bags 10 (1 gallon) freezer plastic bags 6 (2 gallon) freezer plastic bags</p>	<p><b>1. Chicken with Smoky Roasted Red Pepper Sauce</b> 2 slices turkey bacon, cooked and crumbled Chopped cilantro (optional) * Brown rice * Salad</p> <p><b>2. Chicken Fajitas</b> 1 tablespoon canola oil 2 tablespoons water Salt and pepper, to taste 8 (8-inch) whole wheat flour tortillas Aluminum foil wrap Guacamole and sour cream (optional) * Black beans * Salad</p> <p><b>3. Apple Pecan Chicken Roll-Ups</b> 1/2 cup apple juice 1/2 cup partially cooked brown rice Toothpicks 1 tablespoon canola oil * Butternut squash * Broccoli</p> <p><b>4. Chicken Curry</b> 1 tablespoon butter 1/2 cup non-fat plain yogurt 4 teaspoons whole wheat flour 1/2 cup water Coarsely chopped apple (optional) Green onion slices (optional) * Brown rice * Apple * Green onion slices if desired</p> <p><b>5. Chicken Verde</b> 2 tablespoon pine nuts * Angel Hair pasta * Olive oil * Parmesan cheese * Salad  (* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 2px solid black; padding: 10px; margin-top: 20px;"> <p style="text-align: center;"><b>QUICK TIP</b></p> <p style="text-align: center;">Some ingredients on the above "Mealtime Shopping List" are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

## Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

### Meat

Pound 8 chicken breast halves to 1/4-inch thickness  
Cut 4 chicken breast halves into 1/2-inch strips  
Cut 4 chicken breast halves into 3/4-inch cubes  
Cut 4 chicken breast halves in half

Partially frozen chicken is easier to cut.  
Refrigerate all meat products until ready to assemble each dinner kit.

### Condiments

Measure out 1 cup of salsa.

### Onions

Thinly slice 1 1/2 cups onion.

### Red onion

Slice 1 cup red onion.  
Chop 1/2 cup red onion.

### Garlic

Peel and trim 8 cloves of garlic.

### Green onions

Slice 3 tablespoons green onions.

### Bell Peppers

Seed, derib and thinly slice 1 cup of green bell pepper.  
Seed, derib and thinly slice 1 cup of red bell pepper.  
Dice 1 chipotle chili pepper.

### Basil

Prepare pesto sauce: In a food processor or blender, combine 3 cups of basil leaves with:  
1/2 cup olive oil  
1 tablespoon lemon juice  
2 cloves garlic, pressed  
3 tablespoons grated Parmesan cheese

### Apples

Peel, core and chop 1 1/2 cups of apple.  
Chop and core, but do not peel, 1/2 cup of apple.  
(Don't worry about the apple getting a little brown.)

### Canned Goods

Open can of chicken broth and measure out 1/2 cup.  
Open jar of roasted red peppers; drain and slice.  
In a cup, measure out 3 tablespoons of apple juice.

### Spices

On countertop, arrange spices as listed.

### Raisins

In a cup, measure 6 tablespoons of raisins.

### Pecans

In a cup, measure 1/4 cup chopped pecans.

## Saving Dinner with Five from the Freezer

### Dinner Planner

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Chicken with Smoky Roasted Red Pepper Sauce	Brown rice and a big salad.	Stovetop	< 5 minutes	20 minutes
<input type="checkbox"/> Chicken Fajitas	Some warmed black beans and a big salad.	Stovetop	< 5 minutes	30 minutes
<input type="checkbox"/> Apple Pecan Chicken Roll-Ups	Baked butternut squash and steamed broccoli.	Oven & Stovetop	< 5 minutes	30 minutes
<input type="checkbox"/> Chicken Curry	Serve chicken curry over brown rice; garnish with chopped apple and green onion slices if desired.	Stovetop	< 5 minutes	10 minutes
<input type="checkbox"/> Chicken Verde	Angel Hair pasta tossed with olive oil and grated Parmesan cheese. Add a big salad.	Oven & Stovetop	< 5 minutes	45 minutes

## Chicken with Smokey Roasted Red Pepper Sauce

Recipe 1 — Assembly Guidelines — Serves 4

In a 1 gallon freezer bag, combine:

- 4 boneless, skinless chicken breast halves, pounded to 1/4-inch thickness**
- 1/2 teaspoon salt**
- 1/3 teaspoon black pepper**



Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

- 1/2 cup chopped red onion**
- 1/2 teaspoon ground coriander seeds**
- 3 cloves garlic, pressed**
- 1 diced chipotle chili pepper**
- 1 cup salsa**
- 1 (7-oz.) jar roasted red peppers, drained and sliced**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 gallon freezer bag, combine:

- 2 (16-oz.) cans cannellini beans**
- 1 (16-oz.) can cannellini beans, pureed**
- 2 1/2 cups low sodium chicken broth**
- 1 cup shredded Monterey Jack cheese**

Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags in a second 1 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Chicken with Smokey Roasted Red Pepper Sauce

Recipe 1 — Cooking Instructions — Serves 4

### Preassembled Ingredients

- 4 boneless, skinless chicken breast halves, pounded to 1/4-inch thickness
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup chopped red onion
- 1/2 teaspoon ground coriander seeds
- 3 cloves garlic, pressed
- 1 diced chipotle chili pepper
- 1 cup salsa
- 1 (7-oz.) jar roasted red peppers, drained and sliced



### At Time of Cooking Ingredients

- 2 slices turkey bacon, cooked and crumbled
- Chopped cilantro (optional)

### Cooking Instructions

Remove preassembled Chicken with Smoky Roasted Red Pepper Sauce from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

In a large skillet with a tight-fitting lid over medium-high heat; add chicken and sauté for 2 minutes per side; remove from pan and keep warm

Add salsa/pepper mixture to the same skillet; simmer for 4 minutes. Return chicken to skillet; cover and simmer for 12 minutes or until chicken is done. Sprinkle with bacon and cilantro if desired.

**Serving Suggestions:** Brown rice and a big salad.

**Nutrition per serving:** 186 Calories; 3g Fat; 29g Protein; 10g Carbohydrate; 3g Dietary Fiber; 72mg Cholesterol; 738mg Sodium.  
**Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable. **Points:** 3

## Chicken Fajitas

Recipe 2 — Assembly Guidelines — Serves 4

In a 1 gallon freezer bag, place:

**4 boneless skinless chicken breast halves, cut into 1/2-inch strips**  
**1/2 teaspoon dried oregano leaves, crushed**



Carefully squeeze the bag to force out any air then seal the bag.

In a 1 gallon freezer bag, place:

**1 cup thinly sliced green bell pepper**  
**1 cup thinly sliced red bell pepper**  
**1 1/2 cups thinly sliced onion**  
**1 clove garlic, pressed**

Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags in a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in second 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Chicken Fajitas

Recipe 2 — Cooking Instructions — Serves 4

### Preassembled Ingredients

4 boneless skinless chicken breast halves, cut into 1/2-inch strips  
1/2 teaspoon dried oregano leaves, crushed  
1 cup thinly sliced green bell pepper  
1 cup thinly sliced red bell pepper  
1 1/2 cups thinly sliced onion  
1 clove garlic, pressed



### At time of cooking ingredients

1 tablespoon canola oil  
2 tablespoons water  
Salt and pepper, to taste  
8 (8-inch) whole wheat flour tortillas  
Aluminum foil wrap  
Guacamole and sour cream (optional)

### Cooking Instructions

Remove preassembled Chicken Fajitas from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

Preheat oven to 350 degrees.

Heat the oil in large skillet over medium-high heat; add peppers/onion mixture and cook for 3 to 4 minutes or until tender-crisp, stirring occasionally. Remove vegetables from skillet with a slotted spoon; set aside.

Add chicken to the skillet and cook for 4 minutes or until no longer pink in the center, stirring occasionally.

Return vegetables to the skillet; add water and season with salt and pepper to taste; cover and cook for 2 minutes or until heated through.

Meanwhile, stack tortillas and wrap in aluminum foil; heat in oven for 10 minutes or until warm. Fill tortillas with chicken/vegetable mixture; add guacamole and sour cream if desired.

**Serving Suggestions:** Some warmed black beans and a big salad.

**Nutrition per serving:** 474 Calories; 10g Fat; 35g Protein; 61g Carbohydrate; 7g Dietary Fiber; 66mg Cholesterol; 911mg Sodium.

**Exchanges:** 3 1/2 Lean Meat; 2 Vegetable; 1/2 Fat. **Points:** 10



## Apple Pecan Chicken Roll-Ups

Recipe 3 — Assembly Guidelines — Serves 4

In a 1 gallon freezer bag, place:

**4 boneless skinless chicken breast halves, pounded to 1/4-inch thickness**



Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

**3 tablespoons apple juice  
1/2 cup finely chopped unpeeled apple  
1/4 cup chopped pecans  
3 tablespoons sliced green onions**

Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags in a 1 second 1 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Apple Pecan Chicken Roll-Ups

Recipe 3 — Cooking Instructions — Serves 4

### Preassembled Ingredients

4 boneless skinless chicken breast halves,  
pounded to 1/4-inch thickness  
3 tablespoons apple juice  
1/2 cup finely chopped unpeeled apple  
1/4 cup chopped pecans  
3 tablespoons sliced green onions



### At Time of Cooking Ingredients

1/2 cup apple juice  
1/2 cup partially cooked brown rice  
Toothpicks  
1 tablespoon canola oil

### Cooking Instructions

Remove preassembled Apple Pecan Chicken Roll-Ups from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

Preheat oven to 400 degrees.

In a small saucepan with a tight-fitting lid, bring apple juice to a boil; add rice, reduce heat, cover and simmer for 8 to 10 minutes or until liquid is absorbed. Stir in apple mixture. Remove from heat.

Place 1/4 of the rice mixture on each chicken piece; roll up, tucking in edges; secure with toothpicks.

Heat the oil in a skillet over medium-high heat; add chicken and cook for 4 to 5 minutes or until lightly browned. Place chicken in a shallow baking pan; bake for 20 to 25 minutes or until no longer pink in the center.

**Serving Suggestions:** Baked butternut squash and steamed broccoli.

**Nutrition per serving:** 263 Calories; 10g Fat; 27g Protein; 15g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 76mg Sodium.  
**Exchanges:** 1/2 Grain (Starch); 3 1/2 Lean Meat; 1/2 Fruit; 1 1/2 Fat.  
**Points:** 6

## Chicken Curry

Recipe 4 — Assembly Guidelines — Serves 4

In a 1 gallon freezer bag, place:

**4 boneless skinless chicken breast halves, cut into 3/4-inch cubes**  
**2 cloves garlic, pressed**  
**2 teaspoon curry powder**  
**1/2 teaspoon ground ginger**



Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

**1/2 cup sliced red onion**  
**6 tablespoons raisins**  
**1 1/2 cups coarsely chopped apple**  
**1/2 cup low sodium chicken broth**

Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags into a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a second 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Chicken Curry

Recipe 4 — Cooking Instructions — Serves 4

### Preassembled Ingredients

4 boneless, skinless chicken breast halves,  
cut into 3/4-inch cubes  
2 cloves garlic, pressed  
2 teaspoon curry powder  
1/2 teaspoon ground ginger  
1/2 cup sliced red onion  
6 tablespoons raisins  
1 1/2 cups coarsely chopped apple  
1 teaspoon low sodium chicken bouillon granules  
1/2 cup water



### At Time of Cooking Ingredients

1 tablespoon butter  
1/2 cup non-fat plain yogurt  
4 teaspoons whole wheat flour  
1/2 cup water  
Coarsely chopped apple (optional)  
Green onion slices (optional)

### Cooking Instructions

Remove preassembled Chicken Curry from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

In a medium skillet with a tight-fitting lid, melt the butter over medium-heat; add chicken mixture; cook and stir for 3 minutes. Stir in red onion/apple mixture; reduce heat to low, cover and simmer for 5 to 6 minutes.

In small bowl, combine yogurt and flour to a smooth paste; add several tablespoons of liquid from skillet into yogurt mixture then stir yogurt mixture back into skillet. Cook and stir just until mixture starts to boil.

**Serving Suggestions:** Serve chicken curry over brown rice; garnish with chopped apple and green onion slices if desired.

**Nutrition per serving:** 258 Calories; 5g Fat; 29g Protein; 25g Carbohydrate; 3g Dietary Fiber; 74mg Cholesterol; 223mg Sodium. **Exchanges:** 3 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 1/2 Fat. **Points:** 5

## Chicken Verde

Recipe 5 — Assembly Guidelines — Serves 4

In a 1 gallon freezer bag, combine:

**4 boneless skinless chicken breast  
halves, cut in half  
2 tablespoons olive oil  
1/4 teaspoon black pepper**



Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag:

**place pesto sauce from food processor or blender.**

Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags in a second 1 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Chicken Verde

Recipe 5 — Cooking Instructions — Serves 4

### Preassembled Ingredients

4 boneless, skinless chicken breast  
halves, cut in half  
2 tablespoons olive oil  
1/4 teaspoon black pepper  
1/2 cup olive oil  
1 tablespoon lemon juice  
2 cloves garlic, pressed  
3 cups basil leaves  
3 tablespoons grated Parmesan cheese



### At Time of Cooking Ingredients

2 tablespoon pine nuts

### Cooking Instructions

Remove preassembled Chicken Verde from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

Preheat oven to 350 degrees.

Place chicken mixture in a baking dish or pan; cover with aluminum foil wrap and bake for 45 minutes or until lightly browned.

In a saucepan, heat pesto sauce; serve over chicken and sprinkle with pine nuts.

**Serving Suggestions:** Angel Hair pasta tossed with olive oil and grated Parmesan cheese. Add a big salad.

**Nutrition per serving:** 604 Calories; 40g Fat; 37g Protein; 35g Carbohydrate; 22g Dietary Fiber; 69mg Cholesterol; 163mg Sodium.  
**Exchanges:** 2 Grain (Starch); 4 Lean Meat; 7 1/2 Fat. **Points:** 15

## **Got Questions? Need Help?**

We're here to help you with  
all your dinner needs.

Our customer service center is available to  
assist you as well. Check out our

### **“LIVE CHAT”**

and “talk” directly with one of our staff  
right then and there.

Visit our website at

[www.SavingDinner.com](http://www.SavingDinner.com)

for all of the details  
and any assistance you need.



# **Saving Dinner with**



## **Five for the Freezer**

### **5 chicken recipes to assemble and freeze ahead**

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**5 delicious Dinner Kits**

to

Bring your Family Back to the Dinner Table

#### **Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to “Five for the Freezer”

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 5 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Five for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 5 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy [pre assembly prep list](#) to zip thru the meal assembly process.

## Let's talk Dollars and Cents

Five for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the fish and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!



No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

### Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Five for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. They are on the same page, but one column you'll refer to now, the second column later.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List column. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look over the left column to get started. This one has the ingredients that you'll be assembling and freezing.

### Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, it's time to put on those lace-up shoes and head to the market for your remaining ingredients.

#### Supplies and Tools to have on hand:

- ☐ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ☐ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ☐ Measuring cups and spoons (2 sets of each is best!)
- ☐ Mixing bowls and other containers for preparation
- ☐ Manual or electric food processor, blender or chopper
- ☐ Sharp knives
- ☐ Cutting boards (1 for veggies, 1 for meats)
- ☐ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.
- ☐

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

#### Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

#### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 5 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 5 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40°F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals.. Overnight thawing is the optimal way to defrost dinner.

## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, and dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 5 kits in a day, try doing the preassembly the day before (except for the apples). Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the [Preassembly Prep List](#) as that will have many time saving, do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "[Dinner Menu List](#)". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one and track your progress.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

### Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer, simply mark it off the list. With 5 dinners tucked inside the freezer, you want to make sure you track what you've enjoyed since we know most people will be eating these meals periodically and not 5 days in a row.

Now is also the time to break out that second shopping list column — the Meal Time Shopping List. You may even want to have a couple of copies of this on hand. Here you'll find all 5 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process.

Some ingredients on the Meal Time Shopping List will be preceded by a “ \* “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 5 days worth of main courses and we know most of you don't eat the same meat 5 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

## Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

## Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

## Congratulations on Saving Dinner in your home!



# Dinner Kit Shopping List

## Assembly and Mealtime Ingredients

Assembly Time Shopping List	Mealtime Shopping list
<b>MEAT</b> 2 (3- to 3 1/2-lb.) broiler-fryer chickens, cut up [M3,M4] 3 pounds chicken wings and thighs [M2] 6 boneless skinless chicken thighs [M5] 4 boneless skinless chicken breast halves [M1]	<b>1. Boneless Chicken Breasts Parmesan</b> Eggs (4) Lemons (2 tablespoons juice plus eight 1/4-inch slices) Butter *Brown rice *Green onions *Sour cream *Asparagus
<b>CONDIMENTS</b> Ketchup [M2] Dijon mustard [M2] Worcestershire sauce [M2] Liquid smoke [M2] Honey [M2]	<b>2. Baked Barbecue Chicken Legs and Thighs</b> Non-aerosol cooking spray *Frozen mini corn on the cob *Coleslaw mix *Mayonnaise *Rice vinegar
<b>PRODUCE</b> Onions (2 medium) [M2,M3] Sweet onions (1 medium) [M4] Garlic (4 cloves) [M2,M3,M4] Green bell peppers (1 medium) [M4] Red bell peppers (3 medium) [M3,M4,M5] Yellow bell peppers (1 medium) [M5] Red skinned potatoes (1 pound) [M5] Parsley (4 tablespoons chopped) [M3,M4]	<b>3. Chicken Cacciatore</b> Flour to coat chicken Butter (2 tablespoons) Olive oil (2 tablespoons) Dry red wine (1/2 cup) OR red grape juice and cider vinegar 1/2 pound fresh mushrooms *Spaghetti pasta *Grated Parmesan cheese *Lettuce (not iceberg, no nutrition) *Salad veggies (your choice) *Salad dressing (your choice)
<b>CANNED GOODS</b> 1 (14.5-oz.) can whole tomatoes [M3] 1 (14.5-oz.) can diced tomatoes [M4] 1 (8-oz.) can tomato sauce [M2]	<b>4. Country Skillet</b> Flour (1/4 cup) *Brown rice *Slivered almonds *Chopped parsley *Broccoli
<b>SPICES</b> White pepper [M1] Chili powder [M2] Thyme [M3,M4] Oregano [M3] Bay leaves [M3] Curry powder [M4] Cayenne pepper [M4]	<b>5. Smothered Chicken and Peppers</b> Flour (3 tablespoons) Olive oil (2 tablespoons) Brown sugar (2 tablespoons) Cider vinegar (2 tablespoons) *Spinach *Salad veggies (your choice) *Salad dressing (your choice)
<b>DAIRY/DAIRY CASE</b> Parmesan cheese (3/4 cup grated) [M1]	(* refers to ingredients needed for the Serving Suggestions if you are following them.)
<b>DRY GOODS</b> Flour [M1] Raisins (1/4 cup) [M4]	<div style="border: 3px double black; padding: 10px; text-align: center;"> <b>QUICK TIP</b>            Some ingredients on the above "Mealtime Shopping List" are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.         </div>
<b>OTHER</b> Aluminum foil wrap [M4] Paper plates [M5] 10 (1 quart) freezer plastic bags [M1,M2,M3,M4,M5] 8 (1 gallon) freezer plastic bags [M1,M2,M3,M4,M5] 5 (2 gallon) freezer plastic bags [M1,M2,M3,M4,M5]	

## Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

### Chicken

Refrigerate chicken until ready to prepare each Dinner Kit.

### Onions

Peel and thinly slice 1 medium onion.

Peel and chop 1 medium onion.

Peel and thinly slice 1 medium sweet onion.

### Condiments

Set condiments out on countertop as listed.

### Garlic

Peel and press 4 cloves of garlic

### Bell peppers

Seed, derib and thinly slice 1 medium red bell pepper.

Seed, derib and cut 1 medium red bell pepper into 1/2-inch pieces.

Seed, derib and dice 1 medium red bell pepper.

Seed, derib and cut 1 medium green bell pepper into 1/2 -inch pieces.

Seed, derib and dice 1 medium yellow bell pepper.

### Red skinned potatoes

Scrub 1 pound red skinned potatoes and cut in half.

### Parsley

Chop 4 tablespoons fresh parsley.

### Canned goods

Open all cans as listed.

Insert scissors into 1 (14.5-oz.) can of whole tomatoes and cut up.

### Spices

Set spices out on countertop as listed.

### Parmesan cheese

Grate 3/4 cup Parmesan cheese



## Saving Dinner with Five from the Freezer

### Dinner Planner

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Boneless Chicken Breasts Parmesan	Serve with brown rice and steamed asparagus.	Stovetop and Oven	< 5 minutes	50-60 minutes
<input type="checkbox"/> Baked Barbecue Chicken Legs and Thighs	Serve with mini corn on the cob and coleslaw.	Oven	< 5 minutes	60 minutes
<input type="checkbox"/> Chicken Cacciatore	Serve over spaghetti with a big salad.	Stovetop	< 5 minutes	75-90 minutes
<input type="checkbox"/> Country Skillet	Serve over brown rice with steamed broccoli.	Oven	< 5 minutes	60 minutes
<input type="checkbox"/> Smothered Chicken and Peppers	Serve with a big spinach salad.	Stovetop	< 5 minutes	45-50 minutes

## Boneless Chicken Breasts Parmesan

Recipe 1 — Assembly Guidelines — Serves 4

In a 1 quart freezer bag, place:

**4 boneless skinless chicken breast halves**

Carefully squeeze the bag to force out any air then seal the bag.



In a 1 quart freezer bag, place:

**1 cup flour**  
**2 teaspoons salt**  
**1/8 teaspoon white pepper**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, place:

**3/4 cup freshly grated Parmesan cheese**

Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags in a 1 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer) and place it in the freezer.

## Boneless Chicken Breasts Parmesan

Recipe 1 — Cooking Instructions — Serves 4

### Preassembled Ingredients

4 boneless skinless chicken breast halves  
1 cup flour  
2 teaspoons salt  
1/8 teaspoon white pepper  
3/4 cup freshly grated Parmesan cheese

### At Time of Cooking Ingredients

4 eggs  
1/4 cup butter  
2 tablespoons fresh lemon juice  
8 (1/4-inch thick) lemon slices

### Cooking Instructions

Remove preassembled Boneless Chicken Breast Parmesan from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

Preheat oven to 350 degrees.

In medium bowl, whisk together eggs and grated Parmesan cheese until smooth. Pour seasoned flour into a large bowl.

In a large ovenproof skillet with a tight-fitting lid, heat the butter over medium heat. Dredge each chicken breast half first in flour, then egg mixture, then back into flour; place in skillet and sauté until golden brown; turn and splash with lemon juice. Cover skillet and bake for 40 minutes or until chicken is no longer pink in the center. Serve each portion with 2 lemon slices.

**Serving Suggestions:** Brown rice topped with a dollop of sour cream and chopped green onions. Add steamed asparagus.

**Nutrition per serving:** 488 Calories; 23g Fat; 42g Protein; 27g Carbohydrate; 1g Dietary Fiber; 321mg Cholesterol; 1607mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 5 1/2 Lean Meat; 3 Fat. **Points:** 11

## Baked Barbecue Chicken Legs and Thighs

Recipe 2 — Assembly Guidelines — Serves 4

In a 1 gallon freezer bag, place:

### 3 pounds chicken legs and thighs

Carefully squeeze the bag to force out any air then seal the bag.



In a 1 quart freezer bag, place:

### 1 medium onion, thinly sliced

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

**1 clove garlic, pressed**  
**1 (8-oz.) can tomato sauce**  
**1/4 cup ketchup**  
**2 tablespoons Dijon mustard**  
**1/4 cup honey**  
**1 teaspoon salt**  
**1 tablespoon chili powder**  
**1 tablespoon Worcestershire sauce**  
**1 teaspoon liquid smoke**

Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags in a 1 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer) and place it in the freezer.

## Baked Barbecue Chicken Legs and Thighs

Recipe 2 — Cooking Instructions — Serves 4

### Preamsembled Ingredients

3 pounds chicken legs and thighs  
1 medium onion, thinly sliced  
1 clove garlic, pressed  
1 (8-oz.) can tomato sauce  
1/4 cup ketchup  
2 tablespoons Dijon mustard  
1/4 cup honey  
1 teaspoon salt  
1 tablespoon chili powder  
1 tablespoon Worcestershire sauce  
1 teaspoon liquid smoke

### At Time of Cooking Ingredients

Non-aerosol cooking spray

### Cooking Instructions

Remove preassembled Baked Barbecue Chicken Legs and Thighs from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

Preheat oven to 350 degrees. Spray a 13- x 9-inch baking dish or pan with cooking spray; arrange chicken in dish or pan and top with onion.

Pour contents of sauce bag into a medium bowl and blend well; pour over chicken and bake, uncovered, for 1 hour or until chicken is no longer pink in the center.

**Serving Suggestions:** Mini corn on the cob and a big bowl of coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar).

**Nutrition per serving:** 641 Calories; 36g Fat; 48g Protein; 31g Carbohydrate; 2g Dietary Fiber; 216mg Cholesterol; 1437mg Sodium. **Exchanges:** 0 Grain (Starch); 6 1/2 Lean Meat; 1 Vegetable; 3 Fat; 1 1/2 Other Carbohydrates. **Points:** 15

## Chicken Cacciatore

Recipe 3 — Assembly Guidelines — Serves 4

In a 1 gallon freezer bag, place:

**1 (3- to 3 1/2-lb.) broiler-fryer chicken, cut up**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

**2 cloves garlic, pressed  
3/4 cup chopped onion**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

**1 (14.5-oz.) can whole tomatoes, cut up  
1 medium red bell pepper, seeded, deribbed and thinly sliced  
2 tablespoons chopped fresh parsley  
1/2 teaspoon salt  
1/2 teaspoon dried thyme  
1/2 teaspoon dried oregano  
1/2 teaspoon black pepper  
1 bay leaf**

Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags in a 1 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer) and place it in the freezer.



## Chicken Cacciatore

Recipe 3 — Cooking Instructions — Serves 4

### Preassembled Ingredients

1 (3- to 3 1/2-lb.) broiler-fryer chicken, cut up  
2 cloves garlic, pressed  
3/4 cup chopped onion  
1 (14.5-oz.) can whole tomatoes, cut up  
1 medium red bell pepper, seeded, deribbed and thinly sliced  
2 tablespoons chopped fresh parsley  
1/2 teaspoon salt  
1/2 teaspoon dried thyme  
1/2 teaspoon dried oregano  
1/4 teaspoon black pepper  
1 bay leaf

### At Time of Cooking Ingredients

Flour  
2 tablespoons butter  
2 tablespoons olive oil  
1/2 cup dry red wine (or use red grape juice with a splash of cider vinegar)  
1/2 pound fresh mushrooms, thinly sliced

### Cooking Instructions

Remove preassembled Chicken Cacciatore from the freezer and defrost (see Defrost Guidelines on Page 4 for tips). Rinse chicken and pat dry; coat each piece with flour. Heat the butter and oil in a large skillet with a tight-fitting lid over medium-high heat until hot. Cook chicken, a few pieces at a time, until brown on all sides; transfer to a platter. Add garlic and onion to skillet and sauté for 3 to 4 minutes or until onion is translucent. Return chicken to skillet; add tomatoes, bell pepper, parsley, salt, thyme, oregano, red pepper, bay leaf and wine (or juice/vinegar). Bring to a boil then reduce heat, cover and simmer for 45 minutes or until chicken is tender and no longer pink in the center. Stir in mushrooms; cover and cook for 10 to 15 minutes or until mushrooms are just tender. Remove and discard bay leaf. Transfer chicken and vegetables to a serving platter. Increase skillet heat to high and boil liquid until reduced and thickened, stirring constantly. Pour sauce over chicken and garnish with additional chopped parsley if desired.

**Serving Suggestions:** Serve over Spaghetti pasta and sprinkle with grated Parmesan cheese. Add a big salad.

**Nutrition per serving:** 641 Calories; 36g Fat; 48g Protein; 31g Carbohydrate; 2g Dietary Fiber; 216mg Cholesterol; 1437mg Sodium. **Exchanges:** 0 Grain (Starch); 6 1/2 Lean Meat; 1 Vegetable; 3 Fat; 1 1/2 Other Carbohydrates.

**Points:** 15

## Country Skillet

Recipe 4 — Assembly Guidelines — Serves 4

In a 1 gallon freezer bag, place:

**1 (3- to 3 1/2-lb.) broiler-fryer chicken, cut up**

Carefully squeeze the bag to force out any air then seal the bag.



In a 1 quart freezer bag, combine:

**1 medium sweet onion, thinly sliced**

**1/4 cup raisins**

**2 tablespoons chopped fresh parsley**

**1 1/2 teaspoons curry powder**

**1/2 teaspoon salt**

**1/2 teaspoon dried thyme**

**1/8 teaspoon cayenne pepper**

**1 medium red bell pepper, seeded, deribbed and cut into 1/2-inch pieces**

**1 medium green bell pepper, seeded, deribbed and cut into 1/2-inch pieces**

**1 clove garlic, pressed**

**1 (14.5-oz.) can diced tomatoes**

Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags in a 1gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer) and place it in the freezer.

## Country Skillet

Recipe 4 — Cooking Instructions — Serves 4

### Preassembled Ingredients

1 (3- to 3 1/2-lb.) broiler-fryer chicken, cut up

1 medium sweet onion, thinly sliced

1/4 cup raisins

2 tablespoons chopped fresh parsley

1 1/2 teaspoons curry powder

1/2 teaspoon salt

1/2 teaspoon dried thyme

1/8 teaspoon cayenne pepper

1 medium red bell pepper, seeded, deribbed and cut into 1/2-inch pieces

1 medium green bell pepper, seeded, deribbed and cut into 1/2-inch pieces

1 clove garlic, pressed

1 (14.5-oz.) can diced tomatoes

### At Time of Cooking Ingredients

1/4 cup flour

### Cooking Instructions

Remove preassembled Country Skillet from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

Preheat oven to 350 degrees. Rinse chicken and pat dry; remove skin; coat with flour.

Place chicken in 3-quart casserole dish; add onion, raisins, parsley, curry powder, salt, thyme, cayenne pepper, bell peppers, garlic and tomatoes. Cover with aluminum foil wrap and bake for 1 hour or until chicken is no longer pink in the center.

**Serving Suggestions:** Serve over brown rice; sprinkle with slivered almonds and chopped parsley. Add steamed broccoli.

**Nutrition per serving:** 694 Calories; 41g Fat; 54g Protein; 25g Carbohydrate; 4g Dietary Fiber; 203mg Cholesterol; 812mg Sodium.

**Exchanges:** 1/2 Grain(Starch); 7 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 4 Fat. **Points:** 17

## Smothered Chicken and Peppers

Recipe 5 — Assembly Guidelines — Serves 4

In a 1 gallon freezer bag, place:

**6 boneless skinless chicken thighs (about 1 1/4 pounds), each cut in half**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

**1 pound medium red potatoes, each cut in half  
1 medium red bell pepper, seeded, deribbed and diced  
1 medium yellow bell pepper, seeded, deribbed and diced  
1/2 teaspoon salt  
1/4 teaspoon black pepper**

Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags in a 1 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer) and place it in the freezer.



## Smothered Chicken and Peppers

Recipe 5 — Cooking Instructions — Serves 4

### Preamsembled Ingredients

6 boneless skinless chicken thighs (about 1 1/4 pounds), each cut in half  
1 pound medium red potatoes, each cut in half  
1 medium red bell pepper, seeded, deribbed and diced  
1 medium yellow bell pepper, seeded, deribbed and diced  
1/2 teaspoon salt  
1/4 teaspoon black pepper

### At Time of Cooking Ingredients

3 tablespoons flour, salt and black pepper, combined  
2 tablespoons olive oil  
2 tablespoons brown sugar  
2 tablespoons cider vinegar

### Cooking Instructions

Remove preassembled Smothered Chicken and Peppers from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

On a paper plate, place flour, salt and pepper combination; coat chicken pieces.

Heat the oil in a 12-inch non-stick skillet over medium-high heat; add chicken and cook until golden brown; transfer to a bowl. Add potatoes, bell peppers, salt and pepper to drippings in skillet; cook until vegetables are golden.

Return chicken to skillet. Reduce heat to medium, cover and cook for 10 to 15 minutes or until juices run clear when chicken is pierced with the tip of a knife and potatoes are fork-tender, stirring often. Stir in brown sugar and vinegar; heat through.

**Serving Suggestions:** A big spinach salad.

**Nutrition per serving:** 292 Calories; 12g Fat; 14g Protein; 33g Carbohydrate; 3g Dietary Fiber; 40mg Cholesterol; 313mg Sodium.  
**Exchanges:** 1 1/2 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 6



## **Got Questions? Need Help?**

We're here to help you with  
all your dinner needs.

Our customer service center is available to  
assist you. Check out our

### **“LIVE CHAT”**

and “talk” directly with one of our staff  
right then and there.

Visit our website at

[Hwww.SavingDinner.com](http://www.SavingDinner.com)

for all of the details  
and any assistance you need.



# **Saving Dinner with**



## **Five for the Freezer**

### **5 chicken recipes to assemble and freeze ahead**

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**5 delicious Dinner Kits**

to

Bring your Family Back to the Dinner Table

#### **Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to “Five for the Freezer”

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 5 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Five for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 5 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy [pre assembly prep list](#) to zip thru the meal assembly process.

## Let's talk Dollars and Cents

Five for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the fish and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

### Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Five for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. They are on the same page, but one column you'll refer to now, the second column later.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List column. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look over the left column to get started. This one has the ingredients that you'll be assembling and freezing.

### Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, it's time to put on those lace-up shoes and head to the market for your remaining ingredients.

#### Supplies and Tools to have on hand:

- ☐ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ☐ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ☐ Measuring cups and spoons (2 sets of each is best!)
- ☐ Mixing bowls and other containers for preparation
- ☐ Manual or electric food processor, blender or chopper
- ☐ Sharp knives
- ☐ Cutting boards (1 for veggies, 1 for meats)
- ☐ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.
- ☐

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

#### Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

#### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 5 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 5 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40°F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals.. Overnight thawing is the optimal way to defrost dinner.

## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, and dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 5 kits in a day, try doing the preassembly the day before (except for the apples). Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the [Preassembly Prep List](#) as that will have many time saving, do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "[Dinner Menu List](#)". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one and track your progress.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

### Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!



## What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer, simply mark it off the list. With 5 dinners tucked inside the freezer, you want to make sure you track what you've enjoyed since we know most people will be eating these meals periodically and not 5 days in a row.

Now is also the time to break out that second shopping list column — the Meal Time Shopping List. You may even want to have a couple of copies of this on hand. Here you'll find all 5 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process.

Some ingredients on the Meal Time Shopping List will be preceded by a “ \* “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 5 days worth of main courses and we know most of you don't eat the same meat 5 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

## Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

## Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

## Congratulations on Saving Dinner in your home!

# Dinner Kit Shopping List

## Assembly and Mealtime Ingredients

Assembly Time Shopping List	Mealtime Shopping list
<p><b>MEAT</b>  1 pound boneless skinless chicken breast meat [M1]  10 boneless skinless chicken breast halves [M2,M4,M5]  10 to 12 chicken drumsticks [M3]</p> <p><b>CONDIMENTS</b>  Olive oil [M5]  Sesame oil [M5]  Balsamic vinegar [M3]  Low sodium soy sauce [M3,M5]  Honey [M3]</p> <p><b>PRODUCE</b>  Onions (half of 1 small) [M4]  Garlic (8 cloves) [M3,M4,M5]  Gingerroot (one 4-inch piece) [M5]  Tarragon (1 sprig) [M2]  Rosemary (5 sprigs) [M3]  Limes (1 tablespoon juice) [M5]  Oranges (1/4 cup juice) (or use bottled) [M2]</p> <p><b>CANNED GOODS</b>  Low sodium chicken broth (1 cup) [M2]</p> <p><b>SPICES</b>  Garlic powder [M1]  Onion powder [M1]  Basil [M1]</p> <p><b>DAIRY/DAIRY CASE</b>  Milk (1/3 cup) [M1]  Parmesan cheese (1/3 cup grated) [M1]  Orange juice (1/4 cup) (or use fresh) [M2]</p> <p><b>DRY GOODS</b>  Flour [M1]  Brown sugar [M3]  Quick-cooking oats (1/2 cup) [M1]</p> <p><b>OTHER</b>  Zipper-topped plastic freezer bags:  12 (1 gallon) freezer plastic bags [M1] [M2] [M3] [M4] [M5]  1 (1 quart) freezer plastic bag [M4]</p>	<p><b>1. Crispy Italian Chicken Strips</b>  **Zucchini, yellow squash and cherry tomatoes  **Lettuce (not Iceberg, no nutrition)  **Salad veggies (your choice)  **Salad dressing (your choice)</p> <p><b>2. Citrus and Tarragon Chicken</b>  Butter, unsalted (4 tablespoons)  Olive oil  **Red skinned potatoes  **Asparagus</p> <p><b>3. Sweet and Tangy Drumsticks</b>  Aluminum foil wrap  Sesame seeds (2 tablespoons)  **Brown rice  **Broccoli</p> <p><b>4. Cheesy Pasta and Chicken Bake</b>  Olive oil  Butter (1 tablespoon)  Parmesan cheese (1/4 cup grated)  1 (14.5-oz.) can diced tomatoes  Dry bread crumbs (1/4 cup)  Small pasta such as Ditalini, Pastina or Pennette (1 1/2 cups)  **Lettuce (not Iceberg, no nutrition)  **Salad veggies (your choice)  **Salad dressing (your choice)  **Bread for garlic toast  **Butter  **Garlic powder</p> <p><b>5. Ginger Chicken Grill</b>  Cilantro (1/4 cup chopped) (optional)  **Brown rice  **Zucchini, yellow squash and snow peas</p> <p>(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 3px double black; padding: 10px; text-align: center;"> <p><b>QUICK TIP</b></p> <p>Some ingredients on the above "Mealtime Shopping List" are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

## Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

### Chicken

Refrigerate chicken until ready to prepare each Dinner Kit.

### Condiments

Set condiments out on countertop as listed.

### Dry Goods

Set dry goods out on countertop as listed.

### Onions

Dice half of 1 small onion.

### Garlic

Peel and halve 5 cloves.

Peel and mince 3 cloves.

### Gingerroot

Peel and grate gingerroot.

### Herbs

Rinse 1 sprig tarragon.

Rinse 5 sprigs rosemary.

### Limes

Squeeze 1 tablespoon lime juice.

### Oranges

Squeeze 1/4 cup juice OR measure 1/4 cup bottled juice.

## Saving Dinner with Five from the Freezer

### Dinner Planner

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Crispy Italian Chicken Strips	Serve with stir-fried zucchini, yellow squash and cherry tomatoes; add a big salad.	Oven	< 5 minutes	15 minutes
<input type="checkbox"/> Citrus and Tarragon Chicken	Serve with steamed red skinned potatoes and steamed asparagus	Stovetop and Oven	< 5 minutes	20-25 minutes
<input type="checkbox"/> Sweet and Tangy Drumsticks	Serve with brown rice and steamed broccoli.	Stovetop and Oven	< 5 minutes	30-35 minutes
<input type="checkbox"/> Cheesy Pasta and Chicken Bake	Serve with a big salad and garlic toast.	Stovetop and Oven	< 5 minutes	45 minutes
<input type="checkbox"/> Ginger Chicken Grill	Serve with brown rice and stir-fried zucchini, yellow squash and snow peas	Grill or Oven Broiler	< 5 minutes	6-10 minutes

## Crispy Italian Chicken Strips

Recipe 1 — Assembly Guidelines — Serves 4

**1/3 cup flour**  
**1/2 teaspoon salt**  
**1/2 teaspoon black pepper**  
**1 pound boneless skinless chicken breast**  
**meat, cut lengthwise into 1/2"-wide**  
**strips**  
**1/3 cup milk**  
**1/3 cup grated Parmesan cheese**  
**1/2 cup quick-cooking oats**  
**3/4 teaspoon garlic powder**  
**3/4 teaspoon onion powder**  
**1/2 teaspoon dried basil**



Prepare 3 shallow dishes: 1) Combined flour, salt and pepper. 2) Milk. 3) Combined remaining ingredients. Dredge chicken strips in that order and place in a 1 gallon freezer bag.

Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags in a 1 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer) and place it in the freezer.

## Crispy Italian Chicken Strips

Recipe 1 — Cooking Instructions — Serves 4

### Preassembled Ingredients

**1/3 cup flour**  
**1/2 teaspoon salt**  
**1/2 teaspoon black pepper**  
**1 pound boneless, skinless chicken breast**  
**meat, cut lengthwise into 1/2"-wide strips**  
**1/3 cup milk**  
**1/3 cup grated Parmesan cheese**  
**1/2 cup quick-cooking oats**  
**3/4 teaspoon garlic powder**  
**3/4 teaspoon onion powder**  
**1/2 teaspoon dried basil**



### Cooking Instructions

Remove preassembled Crispy Italian Chicken Strips from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

Preheat oven to 400 degrees.

Place chicken strips on a baking sheet; bake for 15 minutes or until chicken is cooked through and crusts are browned.

**Serving Suggestions** Stir-fried zucchini, yellow squash and cherry tomatoes; add a big salad.

**Nutrition per serving:** 249 Calories; 5g Fat; 33g Protein; 17g Carbohydrate; 2g Dietary Fiber; 74mg Cholesterol; 475mg Sodium. **Exchanges:** 1 Grain (Starch); 4 Lean Meat; 1/2 Fat. **Points:** 5

## Citrus and Tarragon Chicken

Recipe 2 — Assembly Guidelines — Serves 4

In a 1 gallon freezer bag, place:

**4 boneless skinless chicken breast halves**  
**Salt and pepper, to taste**  
**1/4 cup orange juice (fresh or bottled)**  
**1 cup low sodium chicken broth**  
**1 sprig fresh tarragon**



Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags in a 1 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer) and place it in the freezer.

## Citrus and Tarragon Chicken

Recipe 2 — Cooking Instructions — Serves 4

### Preassembled Ingredients

4 boneless skinless chicken breast halves  
Salt and pepper, to taste  
1/4 cup orange juice (fresh or bottled)  
1 cup low sodium chicken broth  
1 sprig fresh tarragon



### At time of cooking ingredients

4 tablespoons unsalted butter, divided  
2 tablespoons olive oil  
Salt and pepper, to taste

### Cooking Instructions

Remove preassembled Citrus and Tarragon Chicken from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

Preheat oven to 375 degrees.

Place 2 tablespoons of butter and the olive oil in a skillet over medium-high heat; sauté chicken for 1 minute per side; transfer to a baking dish. Bake for 10 to 15 minutes.

Meanwhile, add broth and orange juice to the skillet and cook until sauce is reduced to the point where it coats the back of a spoon. Just before serving, add remaining butter and season to taste. Serve chicken with the sauce spooned over the top.

**Serving Suggestions:** Steamed red skinned potatoes and steamed asparagus.

**Nutrition per serving:** 306 Calories; 20g Fat; 29g Protein; 2g Carbohydrate; trace Dietary Fiber; 97mg Cholesterol; 294mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 3 1/2 Fat. **Points:** 8



## Sweet and Tangy Drumsticks

Recipe 3 — Assembly Guidelines — Serves 4

In a 1 gallon freezer bag, place:

**1/2 cup balsamic vinegar**  
**1/2 cup brown sugar**  
**1/2 cup honey**  
**1/4 cup low sodium soy sauce**  
**5 sprigs fresh rosemary**  
**5 garlic cloves, halved**  
**10 to 12 chicken drumsticks**



Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags in a 1 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer) and place it in the freezer.

## Sweet and Tangy Drumsticks

Recipe 3 — Cooking Instructions — Serves 4

### Preassembled Ingredients

**1/2 cup balsamic vinegar**  
**1/2 cup brown sugar**  
**1/2 cup honey**  
**1/4 cup low sodium soy sauce**  
**5 sprigs fresh rosemary**  
**5 garlic cloves, halved**  
**10 to 12 chicken drumsticks**



### At time of cooking ingredients

**2 tablespoons toasted sesame seeds**

### Cooking Instructions

Remove preassembled Sweet and Tangy Drumsticks from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

Preheat oven to 450 degrees.

Place chicken drumsticks on a foil-lined baking sheet; bake for 30 to 35 minutes or until skins are caramelized.

Pour thawed marinade into a saucepan; bring to a boil then reduce heat to low and cook for 15 minutes or until thick; brush mixture onto cooked chicken and sprinkle with toasted sesame seeds.

**Serving Suggestions:** Brown rice and steamed broccoli.

**Nutrition per serving:** 492 Calories; 16g Fat; 32g Protein; 59g Carbohydrate; 1g Dietary Fiber; 126mg Cholesterol; 740mg Sodium. **Exchanges:** 0 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 3 1/2 Other Carbohydrates. **Points:** 11

## Cheesy Pasta and Chicken Bake

Recipe 4 — Assembly Guidelines — Serves 4

In a 1 gallon freezer bag, place:

**2 (4-oz.) boneless skinless chicken breast halves, diced**



In a 1 quart freezer bag, place:

**1/2 small onion, diced  
1 clove garlic, minced**

Carefully squeeze the 1 quart bag to force out any air then seal it and place it inside the 1 gallon bag.

Carefully squeeze the bag to force out any air then seal the bag.

Place the filled bags in a 1gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only one that doesn't run in the freezer) and place it in the freezer.

## Cheesy Pasta and Chicken Bake

Recipe 4 — Cooking Instructions — Serves 4

### Preamsembled Ingredients

2 (4-oz.) boneless skinless chicken breast halves  
diced  
1/2 small onion, diced  
1 clove garlic, minced



### At time of cooking ingredients

1 1/2 cups small pasta (Ditalini, Pastina or Pennette)  
2 tablespoons olive oil  
1 (14.5 ounce) can diced tomatoes, un-drained  
1 1/2 cups shredded Mozzarella cheese  
Salt and pepper, to taste  
1/4 cup dry bread crumbs  
1/4 cup grated Parmesan cheese  
1 tablespoon unsalted butter

### Cooking Instructions

Remove Cheesy Pasta and Chicken Bake from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

Preheat oven to 400 degrees.

In a large saucepan, cook pasta according to package directions; drain and return to saucepan.

Meanwhile, heat the oil in a skillet over medium heat; add chicken cubes and sauté for 3 minutes. Add onion and garlic and cook for 5 minutes. Add to cooked pasta along with tomatoes, cheese, salt and pepper; toss to combine. Transfer mixture to an 8x8x2-inch baking dish.

In a small bowl, combine bread crumbs and Parmesan cheese; sprinkle over pasta mixture then dot the top with butter. Bake for 30 minutes or until top is golden brown.

**Serving Suggestions:** A big salad and garlic toast.

**Nutrition per serving:** 509 Calories; 23g Fat; 32g Protein; 42g Carbohydrate; 3g Dietary Fiber; 83mg Cholesterol; 808mg Sodium.

**Exchanges:** 2 1/2 Grain (Starch); 3 1/2 Lean Meat; 3 1/2 Fat.

**Points:** 12

## Ginger Chicken Grill

Recipe 5 — Assembly Guidelines — Serves 4

**2 cups low sodium soy sauce**  
**1/2 cup olive oil**  
**1/4 cup sesame oil**  
**1 tablespoon lime juice**  
**4 inches fresh gingerroot, chopped**  
**2 cloves garlic, minced**  
**4 boneless skinless chicken breast halves, pounded thin**



In a medium bowl, combine all ingredients, except chicken; pour equal amounts into two 1 gallon freezer bags; add 2 chicken breast halves to each bag.

Carefully squeeze the bags to force out any air then seal them. To prevent freezer burn, place the filled bags in another 1 gallon freezer bag; carefully squeeze the bag to force out any air then seal it. On the outside bag, label or write the recipe name and date of preparation, using a Sharpie marker (it's the only brand that doesn't run in the freezer!) and place it in the freezer.

## Ginger Chicken Grill

Recipe 5 — Cooking Instructions — Serves 4

### Preassembled Ingredients

**2 cups low sodium soy sauce**  
**1/2 cup olive oil**  
**1/4 cup sesame oil**  
**1 tablespoon lime juice**  
**4 inches fresh gingerroot, grated**  
**2 cloves garlic, minced**  
**4 boneless skinless chicken breast halves, pounded thin**



### At time of cooking ingredients

**Salt and pepper, to taste**  
**1/4 cup chopped fresh cilantro (optional)**

### Cooking Instructions

Remove preassembled Ginger Chicken Grill from the freezer and defrost (see Defrost Guidelines on Page 4 for tips).

Preheat outside or inside grill to medium-high heat; OR preheat oven broiler.

Remove chicken from marinade and season with salt and pepper to taste. Grill/broil for 3 to 5 minutes per side. Top with chopped fresh cilantro if desired.

**Serving Suggestions:** Brown rice and stir-fried zucchini, yellow squash and snow peas.

**Nutrition per serving:** 580 Calories; 42g Fat; 34g Protein; 17g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 4966mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 3 1/2 Vegetable; 8 Fat. **Points:** 15

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